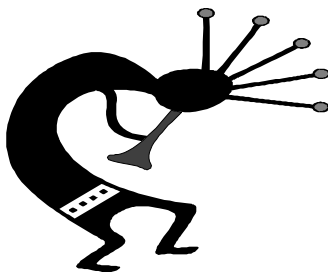


I.H.S DIABETES PROGRAM

CATALOG

OF

DIABETES EDUCATION RESOURCES



October 1997

This catalog belongs to _____
[Name of your program]

A GUIDE TO HOW TO REQUEST RESOURCES

1. Fill in all the information on the Request for Educational Materials form.
2. Make a copy for your records.
3. Mail or fax the original form to: **Indian Health Service Diabetes Program**
5300 Homestead Road NE
Albuquerque, New Mexico 87110
Phone: 505-248-4182
Fax: 505-248-4188

OR to the Diabetes Control Office (DCO) in your Area.

NOTE: Allow up to 6 weeks for delivery. Materials are mailed out *4th class* mailing.

REQUEST FOR LOAN ITEMS

1. ONLY 3 videotapes, books, slide tapes, other resources per loan on a month to month basis. If you need to use the video(s) for a longer period, please call 505-248-4183.
2. An evaluation form will need to be filled out upon completion of loan.
3. Submit your request in writing using the request form at the back of the catalog "Educational Material Loan" form.
4. Call the I.H.S. HQW Diabetes Program Office at 505-248-4183 if you have any questions or concerns.
5. The items that are marked ♣ are loan items.

NOTE:

Please allow 4 weeks for shipment. The resources on loan to you **MUST** be returned **PROMPTLY!** We **CANNOT** process another request until you/your program has returned loan items.

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RESOURCES

The Latest from I.H.S. –HQW Diabetes Program Clearinghouse Service

Volume 1, Number 2

September 1997

General Diabetes Information

♣**VIDEO:** American Indian Concepts of Health and UnWellness

This video describes how different Indian cultures view health and disease. It stresses balance and harmony to maintain health. This video would be an excellent source of information for new employees to Indian Health Service.

• Produced by: NARTC, 1988.

Who Can Use and How To Use

- New I.H.S. employees
- Orientation

♣**VIDEO:** The ART of Wellness

This **VIDEO** demonstrates how a traditional art medium can be used to support a community health promotion effort. One goal is to increase the number of individuals who understand and act upon the need for regular health screening and continued health maintenance. Another goal is to stimulate discussion and investigation of other ways to deliver health promotion messages.

• Produced by: New Mexico Breast and Cervical Cancer Detection and Control Program

Who Can Use and How To Use

- Patient
- Clinic visit - handout

♣**VIDEO:** Beat Diabetes '93

This 1 hr. and 20 minutes **VIDEO** was taped at the Beat Diabetes Conference held August 25-27, 1993 in Farmington, NM. A four member panel from Navajo share their feelings and challenges living with diabetes.

• Produced by: I.H.S. Navajo Area, 1993

Who Can Use and How To Use

- Patient and Professionals
-

BOOKLETS: Basic Diabetes Curriculum Packet

12 Lesson plans complete with listing of patient education materials:

- *Diabetes and American Indians I & II
- *Using the Health Care System
- *Diabetes and Your Feelings
- *Body Weight and Diabetes
- *Eat Less Food
- *Eat Less Sugar

• Produced by: I.H.S. , 1987

Who Can Use and How To Use

- Patient and Families
- Patient education

- *Eat Less Fat
- *Complications
- *What is Home Blood Glucose Monitoring
- *Treatment Therapies (Medications)
- *Foot Care
- *Exercise and Diabetes

• Reading Level: 4th grade

♣**VIDEO:** Body Trust . . . undieting
your way to health and happiness

Who Can Use and How To Use

- Patients

•

Before you go on your next diet...Before you put your daughter on her first diet **WATCH THIS VIDEO.** Body Trust is a caring, sensitive and affirming way to look great and feel great. Dayle Hayes is a Registered Dietitian whose creative approach to positive eating has attracted national recognition.

- Produced by: EMMY Award Winning Product West
-

♣**VIDEO:** Choosing to Change

Who Can Use and How To Use

- Patient

•

This **VIDEO** demonstrates how a traditional art medium can be used to support a community health promotion effort.

- Produced by: Tiny Devlin, The Videoplex for Alaska Area Native Health Service, 1988
-

♣**VIDEO:** A Close Watch

Who Can Use and How To Use

- Patient

•

An Upbeat program emphasizing how intense management can be integrated into an active, fulfilling lifestyle. A Close Watch is a motivating program that will give you a clear idea of what controlling diabetes with intensified management is like and how you can do it.

- Produced by: MEDCOM, Inc.
-

♣**VIDEO:** Commercial Tobacco and American Indian Youth **Who Can Use and How To Use**

- Patients

•

This **VIDEO** has been produced to inform viewers of tobacco issues to stimulate discussion and motivate local action for tobacco control. The American Indian community, particularly American Indian youth, is being targeted by the tobacco industry and declining health figures attest to this. This program is approximately 40 minutes and is presented in four modules.

- Produced by: Altschul Group Corporation, 1994
-

♣**VIDEO:** Communicating with Native American Patient

Who Can Use and How To Use

- Professionals
- Orientation

Ellen Jackson, RN, (retired) from the Tuba City Diabetes Center of Excellence gives a good overview of how to communicate with the Native American client from the Navajo Nation. She gives suggestions on "how to" communicate effectively in the health care setting.

- Produced by: NARTC, 1988
-

BOOKLETS: Complication Diabetes Curriculum Packet

Who Can Use and How To Use

- Patient and Families
- Patient Counseling

09 Lesson plans complete with listing of patient education materials:

*High Blood Pressure and Diabetes

*Periodontal Disease and Diabetes

*Your Heart and Blood Vessels

*Diabetes and Nerve Damage (Neuropathy)

*Diabetes and Your Kidneys (Nephropathy)

*Diabetes and Your Eyes (Retinopathy)

*Diabetes and Sexual Health/Women

*Diabetes and Sexual Health/Men

*Sick Day Management

- Produced by: I.H.S., 1987

- Reading Level: 4th - 7th
-

♣**VIDEO:** Complication: A Diabetics Future

Who Can Use and How To Use

- Professionals
- Clinic visit - handout

Two leading Scientists at Washington University describe long term complications occurring with years of uncontrolled glucose.

- Produced by: Pfizer Company, 1987
-

♣**VIDEO:** Controlling My Diabetes From Head-To-Toe

Who Can Use and How To Use

- Patients
-

This **VIDEO** highlights an easy to follow routine of head-to-toe care. Important hints as given for care of feet, skin and eyes, plus information on health eating, exercises and regular medical check-up

- Produced by: Altschul Group Corporation, 1994
-

♣**VIDEO:** Continuing The Path...(Follow-up to a Pap Test)

Who Can Use and How To Use

- Clinicians, health educators,
- CHRs, and others

Depicts a realistic story of busy Native American women and the issues that often keep them from continuing their care – fears, delaying care for themselves, myths, health care providers gender, and lack of support. The **VIDEO** includes information on risk factors, protective behaviors, and the colposcopy procedure. It also models healthy client/provider interaction.

- Produced by: Blue Moon Productions, 1994
-

♣**VIDEO:** Coping with DM

Who Can Use and How To Use

- Health Care Providers
-

This **VIDEO** provides a description of the pathophysiology of DM. It discusses the autoimmune process of developing Type I DM. The affects of stress on blood sugars is addressed as well as how children learn to live with and manage diabetes.

- Produced by: DM Action Research and Education Foundation, 1990.
-

♣**VIDEO:** Culture's Impact on Health Care

Who Can Use and How To Use

- Primary care providers
-

The objectives for this **VIDEO** are: Appreciate the importance of addressing the cultural component in health care practices and to increase awareness of personal preconceptions and biases, especially as they relate to health and illness behavior.

- Produced by: NARTC, 1992
-

♣**VIDEO:** Dangerous Game

Who Can Use and How To Use

- Patients
- Clinic visit

Is designed to provide information and trigger student discussion about the risk of using smokeless, or spit, tobacco. It features major league baseball players, whose image as spit tobacco users has helped popularize the habit.

- Produced by: National Cancer Institute
-

♣**VIDEO:** Detect/Prevent of Acute Hyperglycemia and Keto Acidosis

Who Can Use and How To Use

- Health Care Professionals
- Clinic visit - handout

Discusses diabetic keto acidosis including causes, prognosis, treatment, detection and monitoring, and prevention. Emphasizes care of elderly.

- Produced by: The University of Michigan
-

♣**VIDEO:** Diabetes in Alaska

Who Can Use and How To Use

- Health Care Professionals
-

This is a TV-taped interview from the TV News Broadcast with Dr. Cindy Schraer, Diabetes Control Officer, Alaska Diabetes Center of Excellence. Dr. Schraer discusses the incidence of Diabetes in Alaska Natives and how I.H.S. is intervening to help prevent and treat Diabetes.

- Produced by: TV News Broadcast, 1990
-

♣**VIDEO:** Diabetes: Changing Your Life

Who Can Use and How To Use

- Patients
-

This **VIDEO** tells a story that takes place in an Athabashon Indian Village in Alaska. A grandmother and grandson discuss the general facts of NIDDM, signs and symptoms, and risk for developing DM. It stresses lifestyle changes that can prevent the development of Diabetes.

- Produced by: **VIDEO** Resource Center in Fairbanks, Alaska, 1989
-

♣**VIDEO:** Diabetes: A Cloud in Our Mountains

Who Can Use and How To Use

- Patients
-

This **VIDEO** from the White Mountain Apache Tribe provides a general overview for persons with diabetes on how different health providers can assist them, while encouraging them to help themselves in their care. You may also find it useful in promoting a “team approach” to your fellow diabetes teammates.

- Produced by: Media Resources, Tucson, AZ., 1993
-

♣**VIDEO:** Diabetes Film on Native Americans

Who Can Use and How To Use

- Patients
-

The **VIDEO** illustrates the experiences of the Lakota Indian tribe with diabetes and the need for early diagnosis, proper education, appropriate care and good blood sugar control. Fulfilling these needs can lead to “PIYA WICANI: A NEW BEGINNING.”

- Produced by: Eli Lilly and Company
-

BOOKLETS: Diabetes and American Indians

Who Can Use and How To Use

- Patients
-

This booklet explains the risk factors for diabetes, signs and symptoms of diabetes and ways to control blood sugars.

- Produced by: I.H.S. 1987

- Reading Level: 4th grade
-

POSTERS: Diabetes Awareness

Who Can Use and How To Use

- Clinics, health fairs
- Display

A series of six 18" x 24" color posters to use in clinics, public buildings and at health fairs.

*Protect the Gift of Dance

*Respect The Gift of Dance

*Respect The Gift of Food

*Protect The Gift of Walking

*Respect The Gift of Life

*Respect Your Mind, Body and Spirit

• Produced by: I.H.S. 1994

•No. available _____

♣**VIDEO:** Diabetes**Who Can Use and How To Use**

- Patients
- Clinic visit - handout

C. Everett Koop, MD, Medical Director, has assembled over 20 of the nation's leading medical experts in DIABETES. **VIDEO** program highlights understanding the diagnosis, Risk Factors, etc. This **VIDEO** is for patients, is in color and 30 minutes long.

• Produced by: TIME LIFE MEDICAL

♣**VIDEO:** Diabetes and Indigeneous Peoples Conference**Who Can Use and How To Use**

- Patients

This **VIDEO** will cover THEORY, REALITY & HOPE. A synopsis of the 3rd International Conference on Diabetes and Indigeneous Peoples in Winnipeg, Canada.

• Produced by: Winnipeg, Canada, 1994

♣**VIDEO:** Diabetes a Positive Approach**Who Can Use and How To Use**

- Patients

To Life, Love, and Financial Success (Well, life anyway!) Produced in cooperation with the Diabetes is a serious disease, but education and a sense of humor can be your keys to turning diabetes into a positive part of your life. You'll hear about diet, fitness, insulin adjustment, oral medication, pregnancy. Type I and 2 diabetes, blood glucose monitoring and more.

• Produced by: American Diabetes Association

♣**VIDEO** with Book: Diabetes Type II
[A Self-Management Program]**Who Can Use and How To Use**

- Patients

Living well with any chronic condition requires a unique combination of skills. First, it involves learning as much as you can about your problem—everything from what's happening in your body to how different medications work. Self-management also requires that you learn how to track and monitor your condition.

• Produced by: Mosby-Great Performance, Inc., 1995

♣**VIDEO:** Get Strong Beat Diabetes**Who Can Use and How To Use**

- Patients

This **VIDEO**

• Produced by: The White Mountain Apache Tribe, 1994

♣**AUDIO:** How to Deal with Negativity in the Workplace
SEMINAR

Who Can Use and How To Use

- Patients

•

Is negativity a pervasive, widespread problem in your department or on your work team? Wouldn't you love to turn doom, gloom and disaster into promise, hope and optimism? If you're willing to be the catalyst, this seminar will show you, step-by-step, how to break the negativity barriers that are holding you and your work team back and forge a path to a more positive, communicative work environment.

- Produced in conjunction with Pryor Resources, Inc. by Nightingale Conant Corp.
-

♣**AUDIO/:** How to Manage Conflict, Anger & Emotion
SEMINAR

Who Can Use and How To Use

- Patients
- Clinic visit - handout

Following the guidelines in this audio program, you can become the peacemaker in your organization, the person everyone else looks to for a cool head and fair dealings. You'll be able to desensitize yourself to conflicts and show others the way to come together for more successful relationships.

- Produced for Fred Pryor Seminars by Nightingale Conant Corp., 1994
-

♣**VIDEO:** High Blood Pressure

Who Can Use and How To Use

- Patients
- Clinic visit - handout

This **VIDEO** is an up-to-date medical information to help you to get the most out of every doctor visit. This film was produced by C. Everett Koop, MD, in color and 30 minutes long.

- Produced by: TIME LIFE MEDICAL
-

♣**VIDEO:** Introduction to Diabetes: The Game Plan

Who Can Use and How To Use

- Patients

•

This **VIDEO** will cover what is diabetes, the symptoms, and the complications. It will discuss need to keep blood sugar controlled, how to reduce fears and depression and how to enjoy life.

- Produced by: Milner-Fenwick, Inc. 1994
-

♣**VIDEO:** It's Your Life

Who Can Use and How To Use

- Patients and professionals

•

This **VIDEO** was made by Native Americans from Northern California and was designed to help Native Americans quit smoking and remain smoke free. Statistics on smoking and the health risks are presented.

- Produced by: The American Indian Cancer Project, 1993
-

♣**VIDEO:** Necessary Toughness

Who Can Use and How To Use

- Patients

•

Necessary Toughness is the story of an extraordinary athlete with the fortitude to face not only NFL linemen but also the threat of a serious disease. Facing Defenses and Diabetes. Jonathan Hayes approached IHS senior season at the University of Iowa with hopes of a future in professional football. But one day, a shocking diagnosis threatened IHS dream.

- Produced by:
-

♣**VIDEO:** The Physician Within ... Moving forward
Through Challenge

Who Can Use and How To Use

- Patients

•

This video is for individuals and educators dealing with chronic disease, yet it's not about chronic disease. It's about being a human being. It's about living with a chronic disease without interrupting your pursuit of a fulfilling life.

- Produced by: Humedico Incorporated, 1993
-

♣**VIDEO:** Pima Indians

Who Can Use and How To Use

- Patients

•

This **VIDEO** was shown on CNN June 1996. CNN Presents "*Pima Indians*" – Diabetes, Gila River Indian Community, Sacaton, AZ. Pima Indians – Governor Mary Thomas, NIDDM of 30 years duration, obesity, diabetes, dialysis, NIH Researchers, School Children, June 1996. Judy Woodruff & David Lewis "The Investigators". This **VIDEO** is 10 minutes long.

- Produced by: CNN June 1996
-

♣**VIDEO:** Pima Indians of Arizona

Who Can Use and How To Use

- Patients

•

This **VIDEO** was produced by Discover Magazine and is titled "*The Thrifty Genes: The Pima Indians of Arizona*". NIH describes the concept of metabolism and risk factors for diabetes among the Pima Indians.

- Produced by: Discover Magazine, 1987
-

♣**VIDEO:** Pima Plague

Who Can Use and How To Use

- Patients

•

CNN "*On Special Assignment*" feature presentation on diabetes in Pima Indians of Gila River Indian Community, Sacaton, AZ, March 19, 1995.

- Produced by: Altschul Group Corporation, 1994
-

♣**Book:** Reflections on diabetes

Who Can Use and How To Use

- Patients

•

39 inspirational, real-life stories on living with diabetes. Reflections on Diabetes is a collection of many of those stories. Written by people who have learned from the experience of living with the disease.

- Produced by: ADA, 1996
-

TABLETS: Sick Day Guide

Who Can Use and How To Use

- Patients
- Clinic visit - handout

This tablet is a single, tear-off sheet, packaged in 50 sheets. It is designed to support the diabetes education curriculums.

- Produced by: I.H.S.
 - Can be duplicated
 - Reading Level
 - No. Available _____
-

♣**VIDEO:** Taking Control

Who Can Use and How To Use

- Patients
- Clinic visit - handout

This **VIDEO** discusses the non-pharmacological approaches to high blood pressure control.

- Produced by: American Heart Association, 1991
-

♣**VIDEO:** Take Charge of Your Diabetes

Who Can Use and How To Use

- Patients
-

This **VIDEO** has a group education class format. It reviews all the complications of diabetes as discussion with group clients.

- Produced by: Centers for Disease Control, 1994
-

♣**VIDEO:** Understanding Diabetes

Who Can Use and How To Use

- Patients
-

This is part 1 of *“In Balance, In Control”*. The **VIDEO** introduces diabetes and discusses motivation and self-care for managing diabetes. It includes a section on hyper and hypoglycemia. The treatment modalities of food, exercise, and medication are discussed. It stresses self blood glucose monitoring as essential for selfcare. The **VIDEO** has a good closing review. It uses mid-level vocabulary.

- Produced by: Boehringer-Mannheim, Inc., 1987
-

♣**VIDEO:** What Consumers Want to Know About Diabetes

Who Can Use and How To Use

- Patients
-

Follows one individual as he learns about diabetes...IHS self-care management and the different members of the health care team.

- Produced by: Eli Lilly Corporation
-

♣**SLIDES:** What is Diabetes?

Who Can Use and How To Use

- Professionals
- Community education

A 45 slide/script series with a cassette in English and Navajo that is synchronized to the slides. THIS program was designed for teaching patients and families about the general facts of diabetes.

- Produced by: I.H.S.
-

♣**VIDEO:** What is Diabetes?

Who Can Use and How To Use

- Patients
-

This **VIDEO** presents a basic introduction to diabetes. It tells how diabetes affects the body, the kinds of people most likely to get diabetes, and warning signs of the diabetes.

- Produced by: Milner-Fenwick, 1991
-

♣**VIDEO:** White Mountain Apache Diabetes Trilogy

Who Can Use and How To Use

- Patients
-

This **VIDEO** combines programs of 1. *A Cloud in Our Mountains*, 2. *Plate of Life* and 3. *Get Strong – Beat Diabetes*.

- Produced by: Whiteriver I.H.S. Hospital & White Mountain Apache Tribe, 1995
-

♣**VIDEO:** Who's In Charge? Teen Talk About Diabetes

Who Can Use and How To Use

- Patients
-

To **VIDEO** has teens discussing issues of parents, friends, public places, exercise, and traveling. Issues of good communication skills, being assertive, and finding support from family and friends are also discussed.

- Produced by: Altschul Group Corporation, 1994
-

♣**VIDEO:** You and Your Diabetes

Who Can Use and How To Use

- Patients

•

This **VIDEO** from the Swanson slide/tape program. This tape uses the single concepts of the Swanson Series on Diabetes to discuss the issue of diabetes in Native American populations.

- Produced by: Swanson Center, 1989
-

♣**VIDEO:** You Can Control Your Diabetes

Who Can Use and How To Use

- Patients

•

This **VIDEO** was taped in Alaska. Alaska Natives are portrayed throughout the **VIDEO**. This **VIDEO** discusses how to control diabetes with exercise, weight control, and medications if needed. The importance of a team approach to managing diabetes is discussed.

- Produced by: Dianne Boisvert, BA, BSPH, and Lisa Sadlier-Hart, MPH, RD at SEARHC, Alaska Area DM, 1991
-

♣**VIDEO:** Zuni Pueblo – ABC Prime Time, April 1993

Who Can Use and How To Use

- Patients

•

This documentary was produced and aired on ABC, April 1993.

- Produced by: ABC – Television, April 1993
-

EXERCISES

♣**SLIDES:** Diabetes, Diet and Exercise

Who Can Use and How To Use

- Patients
- Shown at Clinic

The modern lifestyle of Native Americans is contrasted with traditional values and lifestyle, highlighting factors that which may contribute to the incidence and severity of Adult-Onset Diabetes. Personal responsibility in making wise and informed lifestyle choices is emphasized, to prevent NIDDM. THIS program has 65 slides.

- Produced by: White Mountain Apache Tribe, 1985
-

♣**VIDEO:** Diabetes and Exercise: In Training

Who Can Use and How To Use

- Community Fitness Program
- Health Promotion

This **VIDEO** addresses the physical and emotional benefits of exercise. It discusses how to develop a personal exercise program with guidance of a health care professional. It also discusses safety precautions.

- Produced by: Milner-Fenwick, Inc.
-

BOOKLETS: 100 Mile Club

Who Can Use and How To Use

- Patients
-

12-page 8 1/2" x 11" booklet outlines seven steps involved in setting up a community fitness program, featuring walking. Developed by Zuni Diabetes Project, Pueblo of Zuni, NM.

- Produced by: Swanson Center, 1989
-

BOOK: The Health Professional's Guide to Diabetes and Exercise

Who Can Use and How To Use

- Professional
- Health Management

Exercise is an important component of diabetes management and may be useful in enhancing the health and quality of life for patients with diabetes. This guide book reflects a strong commitment to increase professional knowledge about the use of exercise in the management and care of individuals with diabetes.

- Produced by: The American Diabetes Association
-

BOOKLETS: How To Run A Weight Loss Program

Who Can Use and How To Use

- Community Fitness Program
- Health Promotion

30-page 8 1/2" x 11" booklet describes a ten-step approach in setting up a community weight loss program. Developed by Zuni Diabetes Project, Pueblo of Zuni, NM.

- Produced by: I.H.S., 1992

•Reading Level:

EYES

LOOSE LEAF BINDERS: Diabetes and Visual Impairment
[An Educator's Resource Guide]

Who Can Use and How To Use

- Health care providers/professional
-

From American Association of Diabetes Educators by Margaret E. Cleary, MS, RN, CDE, CHE, to provide information on diabetes and visual impairment as well as skills and techniques essential for adaptive education. It offers introductory concepts for the unfamiliar learner.

- Produced by: AADE, 1994
-

♣**SLIDES:** The Effects of Diabetes on the Eye

Who Can Use and How To Use

- Health care providers
- Inservice

This slide program uses high level vocabulary. Many slides of the eye are too complicated for most patients to understand. This program has 57 slides.

- Produced by: National Society of Prevention of Blindness
-

BOOKLET: Eye Damage - Retinopathy

Who Can Use and How To Use

- Patient
- Clinic visit - handout

This booklet defines retinopathy. It explains the risk factors for developing retinopathy. It explains ways to prevent and treat retinopathy.

- Produced by: I.H.S. 1987

•Reading Level:

♣**VIDEO:** Singing Eyes

Who Can Use and How To Use

- Patients
- View in Waiting Room

This **VIDEO** is about laser treatment for persons with diabetes. It is 7 minute film.

- Produced by: Milner-Fenwick, 1991
-

BOOKLET: Taking care of Your Eyes

Who Can Use and How To Use

- Patient
- Clinic visit - handout

This booklet explains how your blood sugar can affect your eyes. It also tells you the importance of yearly eye exams, and the signs and symptoms of eye damage that need to be reported..

- Produced by: I.H.S. 1987

•No. available_____

FOOT

♣SLIDES: A Basic Approach to the Diabetic Foot

Who Can Use and How To Use

- Professionals and paraprofessionals
- Instructional Programs

These 72-slides covers how to examine the lower leg and foot. What type of shoes. Foot care extras for people with insensitive feet. Infections, germs cause infections through a break in the skin. Based on the booklet, "A Basic Approach to the Diabetic Foot" and include hard copies of the slides to use to make transparencies and handouts.

- Produced by: I.H.S.
-

BOOKLETS: A Basic Approach to The Diabetic Foot

Who Can Use and How To Use

- Providers
-

A guide for health care providers to use in providing foot care to patients with diabetes. 41-page booklet covers topics on foot problems, foot exams, foot care and foot ulcers. Effective for professionals, paraprofessional and patient education.

- Produced by: I.H.S., 1987

•Reading Level:

♣VIDEO: Caring for The Diabetic Foot:

Who Can Use and How To Use

- Providers
-

Describes how to properly care for and treat the diabetic foot. Based on Diabetic Foot Clinic protocol at the Carl Albert Indian Health Facility in Oklahoma. Topics covered include 1) Setting up your clinic; 2) foot evaluation; 3) basic foot care; 4) patient education; 5) evaluation of neuropathic foot; 6) treatment of neuropathic foot ulcers; 7) orthotics/foot wear; 8) special problems; and 9) Venous ulcers. Excellent resources.

- Produced by: CAIHS, 4/89
-

♣VIDEO: Caring for Your Feet (Care of the Foot in Diabetes) the Carville Approach

Who Can Use and How To Use

- Providers
-

Describes people with diabetes who experience "insensitive foot" and their ensuing complications which can be prevented by using the prevention and treatment techniques.

- Produced by: Gillis W. Long Hansen's Disease Center, 1994
-

♣VIDEO: Caring for Your Feet: LEAP (Lower Extremity Amputation Presentation) *the Carville Approach*

Who Can Use and How To Use

- Providers and patients
-

Lower Extremity Amputation Prevention (LEAP) program was developed at the Jackson-Hinds Community Health Center in Jackson, Mississippi. The video describes the prevention and treatment techniques of LEAP, a program that works in all types of delivery settings, including managed care.

- Produced by: Gillis W. Long Hansen's Disease Center in Carville, Louisiana, 1994
-

♣VIDEO: Detection & Prevention of Foot Problems

Who Can Use and How To Use

- Professionals
-

The VIDEO emphasizes preventive care as the means for avoiding foot ulcers and in assuring healing without amputations if ulcers do occur. Patient education principles related to the importance of self examination and foot care are presented in 17 minutes.

- Produced by: University of Michigan, 1983

♣**VIDEO:** Diabetes and Footcare

Who Can Use and How To Use

- Patients

•

A Chippewa Indian patient and physician, Kathleen Annette, MD, discuss how Diabetes the feet. Early prevention and treatment are stressed. This **VIDEO** reviews the risk factors and explains how to take care of your feet.

- Produced by: Trinity Productions, 1989
-

♣**VIDEO:** Diabetes Foot and Skin Care: In Step

Who Can Use and How To Use

- Patients

•

This **VIDEO** by AADE explains the importance for people with diabetes to pay special attention to their feet and skin. It includes practical tips to help people prevent problems before they occur.

- Produced by: Milner-Fenwick, Inc. 1994
-

♣**VIDEO:** Diabetic Foot Infections: An Aggressive Team Approach

Who Can Use and How To Use

- Health Care Providers
- Orient new health care providers

This **VIDEO** discusses the signs and symptoms of foot infections. It stresses the importance of good blood sugar control, the need to treat infection, and the importance of education to prevent amputations. The use of triple antibiotic therapy is recommended and rationale for this is discussed. This **VIDEO** would be good to orient new health care providers to foot care and the management of foot infections.

- Produced by: Upjohn Company
-

♣**SLIDES:** Diabetes: Taking Care of Your Skin and Feet

Who Can Use and How To Use

- Patients
- Instructional Programs

This program discusses how people with diabetes can be more aware of skin problems and how their disease may cause or complicate things. It gives careful attention to skin and foot care, covers signs of infection, and what to do about it. This program has 43 slides.

- Produced by: White Mountain Apache Tribe, 1985
-

STICKERS: Foot Stickers

Who Can Use and How To Use

- Providers

•

A 1 1/2" x 1" fluorescent orange sticker that can be affixed to the problem list in the medical record to remind health-care providers to check the patient's feet.

- Produced by: I.H.S., 1987
-

BOOKLETS: Footwear For People With Diabetes

Who Can Use and How To Use

- Patients

•

Explains the importance of preventing foot problems through the appropriate selection of footwear. Includes tips on buying new shoes and how to take care of the feet.

- Produced by: I.H.S., 1987
-

TABLETS: Numbness to Legs, Hands, and Feet

Who Can Use and How To Use

- Patients

•

These materials are single, tear-off sheets, packaged in tablets of 50 sheets. Each topic is designed to support the diabetes education curriculum.

- Produced by: I.H.S., 1990
-

♣AUDIOTAPE CASSETTE: Diabetic Foot Care: A Multidisciplinary Approach (Tape 1-7)

Who Can Use and How To Use

- Professionals

•

These topics were presented at a December, 1993 Conference in San Antonio, the University of Texas Health Science. Tape #1 is Diabetes Mellitus: The Metabolic Problem – Current Concepts in Management; Diabetes Mellitus: Where Are We Now? And Synopsis of the DCCT Study by James E. Tooke; Gary W. Gibbons, MD; Dorothy Gohdes, MD; William C. Pederson, MD; and Vicent F. Giacalone, DPM.

- Produced by: The University of Texas Health Science, CME Conference VIDEO, Inc., 1993.
-

♣VIDEO: Diabetic Foot Care: Preventing Amputations

Who Can Use and How To Use

- Professionals

•

This VIDEO shows “how to” use the monofilament. It emphasizes preventive foot care and the importance of daily foot examinations. Instructions are given using simple terms.

- Produced by: Alaska Area Native I.H.S., 1990
-

♣SLIDES: The Diabetic Foot (2)

Who Can Use and How To Use

- Professionals
- Instructional Programs

This 80-slide program has a tape and script. It covers topics such as: circulation, deformities, and infection. The slides are actual photos of foot conditions including x-ray photos.

- Produced by: William F. Munsey, D.P.M.
-

♣SLIDES: Diabetic Foot Complications in the Primary Care Setting

Who Can Use and How To Use

- Professionals
- Instructional Programs

This slide program has 60 slides about a teleconference in the Portland Area with Roger Percoraro, M.D., and Martha Bell Hart, R.N., C.D.E.

- Produced by: Washington State and I.H.S., 1988
-

♣SLIDES: Healthy Footsteps for People with Diabetes

Who Can Use and How To Use

- Patients

•

This slide set uses photographs and anatomical illustrations to explain reasons for and methods of routine foot care. This program has 80 slides.

- Produced by: International Diabetes Center, 1985
-

♣VIDEOS: Skin and Foot Care

Who Can Use and How To Use

- Patients
- Instruction

This VIDEO is a short basic program demonstrating foot care. Animated cartoon characters are used for instruction. Recommendations are made in simple terms.

- Produced by: White Mountain Apache Tribe, 1985
-

♣**VIDEO:** The Diabetic Foot

Who Can Use and How To Use

- Professionals

-

Tape #1:

- 00:00 *Management of Diabetes Mellitus in the 90's*
- 00:38 *Diabetes in the Minority Population*
- 01:00 *Epidemiology of Diabetic Foot Problems*
- 01:20 *Evaluation of Diabetic Foot*
- 01:43 *The Role of Platelet Derived Growth Factor in Diabetic Wound Healing*

Tape #2:

- 01:54 *The Role of Platelet Derived Growth Factor in Diabetic Wound Healing (Continued)*
- 02:12 *Diabetic Neuropathy*
- 02:39 *Insensitivity and Pathomechanics of Soft Tissue development of Diabetic Foot Lesions*
- 03:29 *The Role of the Foot Care Educator in the United Kingdom*
- 03:37 *Current Trends in Treatment of PVD in the Diabetic: Bypass vs. Balloon Angioplasty with Long Term Follow-up*

Tape #3:

- 03:50 *Current Trends in Treatment of PVD in the Diabetic: Bypass vs. Balloon Angioplasty with Long Term Follow-up (continued)*
- 04:12 *Mechanics of Foot Wear*
- 04:45 *Conservative Management of Plantar Diabetic Foot Ulcers Including Total Contact Casting*
- 05:05 *Hyper baric Oxygen in the Diabetic Wound*
- 05:24 *Management of Diabetic Infections*

Tape #4:

- 05:45 *Management of Diabetic Infections (continued)*
- 05:55 *Interrupting the Chain of Causation in the Diabetic Foot*
- 06:16 *Radiology of Bone and joint Disease of the Diabetic Foot*
- 06:36 *Dermatology of the Diabetic Foot*
- 06:45 *Prophylactic Surgery for the Diabetic Foot*

Tape #5:

- 07:31 *Diabetic Neuropathic Osteoarthropathy the Charcot Foot*
- 08:01 *Amputation in the Diabetic: Indications and Technique*
- 08:50 *Orthotics and Custom Molded Shoes for Diabetics*

Tape #6:

- 09:20 *Rehabilitation of the Diabetic Lower Leg, Ankle and Foot Amputee*
- 09:38 *Role of the Diabetic Sock on Diabetic Ulcers*
- 09:52 *Pedal Stages Research Update*
- 10:07 *Round Table Discussion: Future Research Topics for the Diabetic Foot*

• Produced by: University of Texas Health Science Center, CME Conference **VIDEOS**

♣**VIDEO:** The Story of Yes & No: An Educational Film
About Foot Care and Diabetic Neuropathy

Who Can Use and How To Use

- Patients

•

An animated film that addresses the subject of diabetic neuropathy in the feet. The focus is on nerve loss and the need for protective care. The following topics are addressed: footwear, importance of walking, care of skin and nails, regular self-examination of feet and other daily needs.

- Produced by: Wyeth-Ayerst International
-

BOOKLETS: Taking Care of Your Feet

Who Can Use and How To Use

- Patients

Explains the importance of daily foot care, how to do foot care, signs and symptoms of foot problems and tips for selecting footwear.

- Produced by: I.H.S., 1987
-

♣**VIDEO:** Take Care of Your Feet

Who Can Use and How To Use

- Patients

•

A young Navajo woman discusses the importance of footcare and explains how to take care of her feet. It also gives a good overview of the types of footwear (shoes/socks) that are best for people with diabetes. The Navajo version follows the English version.

- Produced by: Navajo Area I.H.S. DM Program, 1989
-

BOOKLETS: Take Care of Your Feet

Who Can Use and How To Use

- Patients

Describes the importance of daily foot care, how to do foot care, signs and symptoms of infections, and tips for selecting footwear. A **VIDEO** taped in Navajo and English is available to be used with this patient education booklet.

- Produced by: I.H.S. Navajo Area, 1987
-

♣**BOOK:** You're Not Alone

Who Can Use and How To Use

- Patients

•

This book by John Sabolich, CPO, is a valuable resource of prosthetic information and the powerful stories of 38 amputees. They share their gut-level feelings about the physical and emotional pain, as well as the courage it takes to put pity aside and go on with life. Their compelling personal journeys will inspire you whether you're an amputee or not.

- Produced by: Sabolich Prosthetic & Research Center, 1993
-

KIDNEY

NOTEBOOK/AUDIOTAPE: A Clinical Guide to the Nutritional Care of the Renal Patient

Jean Inman, RD, MBA, authored this 61 page 3-ring self-study course of instructional materials and case exercises on meal functions, progression of chronic renal insufficiency, laboratory status and nutrition therapy.

- Produced by: New England Center for Nutrition Education, Inc., 1992.
-

Who Can Use and How To Use

- RD
- Instructional Program – 15 hrs CE

♣VIDEO: Detect/Prevent of Outcomes in Kidney Problems

Who Can Use and How To Use

- Professionals

This VIDEO discusses the management of diabetic nephropathy as related to kidney function, kidney impairment, and end-stage renal disease. It explains the role of hypertension in the progression of nephropathy.

- Produced by: Media Library/Univ. of Michigan, 1988
-

BOOKLETS: Kidney Damage – Nephropathy

Who Can Use and How To Use

- Patients

Defines nephropathy, explains risk factors for developing nephropathy, signs and symptoms, and the treatment modalities.

- Produced by: I.H.S. 1991
-

♣SLIDE PRESENTATION: Kidney Transplant and Organ Donation: Tribal Health Workers Continuing Education Program

Who Can Use and How To Use

- Providers
- Instructional Programs

Package includes objectives, lesson, and slides.

- Produced by: I.H.S., Portland Area, 1995
-

♣VIDEO: Living With Kidney Disease: Then and Now

Who Can Use and How To Use

- Patients

Several dialysis patient expressed their views on dialysis and how they are taking care of themselves and leading a normal life.

- Produced by: I.H.S., Albuquerque Area and National Indian VIDEO
-

♣VIDEO: Lower Urinary Tract Infections

Who Can Use and How To Use

- Patients

This VIDEO explains some women have greater susceptibility to urinary tract infections (UTI) and includes specific information on diabetes. Signs and symptoms, treatment for a UTIs and tips to avoid infections are discussed.

- Produced by: Milner-Fenwick, 1991
-

BOOKLETS: Native American & Kidney Transplants

Who Can Use and How To Use

- Providers
- Instructional Programs

24-page booklet describes kidney damage, ESRD treatment and the process of kidney donation. A guide for health care providers to use in paraprofessional and community awareness activities.

- Produced by: I.H.S. 1995
-

TABLETS: Nerve Damage to the Bladder and Urinary System

Who Can Use and How To Use

- Providers
-

These materials are single, tear-off sheets, packaged in tablets of 50 sheets. Each topic is designed to support the diabetes education curriculum.

- Produced by: I.H.S. 1990
-

BOOKLETS: Taking Care of Your Kidneys

Who Can Use and How To Use

- Patients
-

Explains the signs and symptoms of urinary tract infection, treatment and how to prevent kidney damage.

- Produced by: I.H.S. 1990
-

MEDICATION

♣**VIDEO:** A Close Watch, Intensified Management of Type II Diabetes

Who Can Use and How To Use

- Patients

•

An upbeat program emphasizing how intense management can be integrated into an active, fulfilling lifestyle. The results are in for people with diabetes and there is good news!

- Produced by: MED-COM, INC.
-

♣**VIDEO:** Controlling My Diabetes: Step-By-Step Guide for Glucose Monitoring/Insulin Injection

Who Can Use and How To Use

- Patients

•

The essential elements for total health care concerning people with diabetes are presented in this **VIDEO**. Proper procedures for blood glucose monitoring and insulin injections is illustrated.

- Produced by: Altschul Group Corporation
-

BOOKLETS: Diabetes and Oral Pills

Who Can Use and How To Use

- Patients

•

Describes side effects of oral medication, how oral pills work, when to take oral diabetes medication, and the effects of alcohol when taking oral diabetes pills.

- Produced by: I.H.S., 1987
-

♣**VIDEO:** Diabetes Medication as Directed: In Balance In Control Series

Who Can Use and How To Use

- Patients

•

This film emphasizes the importance of taking medicine as directed. It review pathophysiology, hyper and hypoglycemia, and oral medication, and insulin. It stresses the need for balance with food, exercise, and medicine to control diabetes. It has mid-level vocabulary.

- Produced by: Boehringer Mannheim, Inc., 1987
-

♣**VIDEO:** How to Give Yourself an Insulin Shot

Who Can Use and How To Use

- Patients

•

“Basic instruction on how to give an insulin injection” in English 11:49 minutes, and in Navajo 12:10 minutes.

- Produced by: I.H.S. Navajo Area Diabetes Program
-

♣**VIDEO:** Humulin 70/30 Opinion Leaders

Who Can Use and How To Use

- Patients

•

Describes pathophysiology of diabetes and the use of 70/30 insulin to achieve blood glucose control. **THIS VIDEO** was produced by the Pharmaceutical Division of Lilly **VIDEO** Communications and is 14:46 minutes long.

- Produced by: Lilly **VIDEO** Communications
-

♣**VIDEO:** Living with Diabetes: A winning Formula

Who Can Use and How To Use

- Patients

•

Whether you or someone you love is challenged with diabetes, understanding the disease and being motivated to lead a healthy lifestyle is your key to good health and satisfaction. A positive and effective approach to controlling insulin and non-insulin dependent diabetes. Tips you can use every day. Calorie Choices & Weight Loss, etc. Running time is 40 minutes and is for patients.

- Produced by: Joslin Diabetes Center
-

♣**VIDEO:** Medical Effects of Alcohol Use

Who Can Use and How To Use

- Patients

•

This **VIDEO** explains how alcohol affects every area of the body. It describes typical withdrawal symptoms and explains how patients may not be aware that the symptoms are related to alcohol use. The **VIDEO** cautions patients about the interaction of drugs like cold medicines with alcohol.

- Produced by: Milner-Fenwick, 1991
-

♣**VIDEO:** One Touch II Blood Glucose Monitoring System

Who Can Use and How To Use

- Health Professionals

•

Manual and inservice Guide for Hospitals and Clinics. **LifeScan** is pleased to present this manual to assist in developing a quality bedside blood glucose monitoring program. Patients with diabetes can benefit from the care provided in response to accurate, rapid bedside blood glucose monitoring results.

- Produced by: LifeScan
-

♣**VIDEO:** : Oral Medication for Diabetes

Who Can Use and How To Use

- Patients

- Education

This **VIDEO** explains why oral hypoglycemics are a valuable management tool for many people with diabetes. Graphics are used to review what diabetes is and show how oral medication can help to control blood sugar.

- Produced by: Milner-Fenwick, Inc., 1994
-

NUTRITION

Nutrition: Diabetes and Blood Pressure:

♣**VIDEO:** Put Away Your Frying Pan

Who Can Use and How To Use

- Patients
- Client Therapy

This 10-minute **VIDEO** portrays two African American women talking in a kitchen. One woman talks about the changes she has made in preparing foods to help control her diabetes and blood pressure.

- Produced by: Health Promotion Council, 1988
-

Nutrition: Fats and Cholesterol:

BOOKLETS: Carbohydrate Counting: Getting Start

Who Can Use and How To Use

- Patients
- Client Therapy

32-page booklet can be used for persons with Type 1, Type II Diabetes or gestational diabetes. Encourages the intake of consistent amounts of carbohydrates at meals and snacks. This booklet includes a list of food containing carbohydrates and amounts of carbohydrates in specific portion sizes. Recommended for use by registered dietitians in individualized client therapy. Limited number available: up to 20 **BOOKLETS** per site.

- Produced by: ADA/ADA, 1995
-

♣**VIDEO:** Dietary Management of Fats and Cholesterol How to Use

Who Can Use and How To Use

- Patients
- Client Therapy

Many of our nation's adult need to cut down on cholesterol and this **VIDEO** shows then how to succeed. Viewers learn American Heart Association based diet strategies for choosing healthier foods. Features sample menus, tips for food preparation, dining out suggestions, and attractive example of low cholesterol options.

- Produced by: Milner-Fenwick, Inc.
-

♣**VIDEO:** Diabetes and Food...The Challenges of Choices

Who Can Use and How To Use

- Patients
-

Healthy Lifestyles Strategies for Diabetes Control with Margaret Powers, Registered Dietitian.

- Produced by: ORACLE Film & **VIDEO** Learning, Inc.
-

♣**VIDEO:** Put the Fat Back: Smart Shoppers Take Control

Who Can Use and How To Use

- For Women with hypertension
Type II diabetes

This 16-minute, VHS patient education **VIDEO** shows two African American women grocery shopping. Lorraine has recently been told she has diabetes and she is feeling overwhelmed. They go through the store sharing tips how to reduce the fat and sugar in the meals they prepare for their families.

- Produced by: Universal Health Assoc., Inc., 1988
-

Nutrition: General Nutrition/Healthy Food Choices

♣**VIDEO:** American Portraits

Who Can Use and How To Use

- Patients

•

This **VIDEO** presents stories of how three Minnesotans have made successful dietary changes. It reviews the American Heart Association's dietary guidelines and provides practical advice on grocery shopping and meal preparations.

- Produced by: American Heart Assoc., 1991
-

BOOKLETS: Reading Food Labels: A Handbook for People With Diabetes

Who Can Use and How To Use

- Patients

•

13-page color booklet on nutrition facts on food labels.

- Produced by: ADA, AHA, AADE, 1994
-

♣**VIDEO:** Carbohydrate Counting for Persons with Diabetes

Who Can Use and How To Use

- Patients

Everything you wanted to know about FAT plus some dietary guidelines on exchange system, how to keep a food diary, etc.

- Produced by: National Health **VIDEO**
-

TABLETS: Claremore...

Who Can Use and How To Use

- Patients

•

A legal-sized sheet of food and seasoning frequently eaten.

- Produced by: Claremore Indian Hospital, 1996
-

♣**VIDEO:** Children of a Long Life

Who Can Use and How To Use

- Patients

This **VIDEO** shows how to maintain good health through: traditional and modern foods, exercise, and a balanced and harmonious life. The **VIDEO** features the life of a Navajo family. It also briefly talks of nutrition and exercise as related to diabetes and other illnesses. Produced by Jill McManus.

- Produced by: Shiprock I.H.S. Health Promotion/Disease Prevention, 1994.
-

♣**VIDEO:** Cooking for the Health of it: Common Sense Snacking

Who Can Use and How To Use

- Patients

Good nutrition and adherence to dietary guidelines can be maintained by healthful food choices whether it is a snack, dessert or whole meal. If snacks are an important part of a person's eating pattern, they should be included when planning the daily diet. Common sense and careful snack choices make every morsel count towards a balanced diet. Script and recipes accompany **VIDEO**.

- Produced by: OL Opportunities for Learning, Inc., 1991
-

FLASH CARDS: Diabetes Definitions

Who Can Use and How To Use

- Patients

- Produced by: I.H.S. Diabetes Program
-

♣**VIDEO:** Diabetes and Nutrition: Eating for Health

Who Can Use and How To Use

- Patients

•

This **VIDEO** explains the healthy food choices and modified eating habits that are important for a person with diabetes. It explains the importance of limiting high fat and sugary foods.

- Produced by: Milner-Fenwick, 1994
-

♣**VIDEO:** A Diet You can Live

Who Can Use and How To Use

- Patients

This **VIDEO** shows brief vignettes of seven Oklahoma Indians with diabetes, six with NIDDM, and one with IDDM.

- Produced by: Oklahoma State University
-

♣**VIDEO:** Eating Healthy for Life

Who Can Use and How To Use

- Patients

Statistics show that too many Americans have health problems related to a diet too high in calories, too high in fat, and too high in sodium. Carolyn O'Neil, RD, explores various options for improving eating habits by examining ways to incorporate healthy food choices.

- Produced by: Turner Education Services, Inc. and Cable News Network, Inc., 1990
-

♣**VIDEO:** Eating Healthy When Dining Out

Who Can Use and How To Use

- Patients

Restaurant dining is not the occasional treat it once was, but a way of life as Americans now eat three out of every five meals away from home. This **VIDEO** first explores basic strategies for making healthy food choices when dining out by providing tips for navigating through any restaurant menu.

- Produced by: Turner Educational Services, Inc. and Cable News Network, Inc., 1990
-

♣**VIDEO:** Eating Out – Goals and Guidelines
(Cook for the Health of It)

Who Can Use and How To Use

- Patients

Statistics indicate that nearly 40% of all meals are eaten away from home. How these meals eaten away from home compare nutritionally with food eaten at home depends upon personal food choices. Suggestions and guidelines for eating out: choosing where to eat, foods to avoid, foods to look for on the menu and serving sizes.

- Produced by: Registered Dietitians in California Universities for OL Opportunities for Learning, Inc., 1991
-

♣**VIDEO:** Eating Right and Exercising

Who Can Use and How To Use

- Patients

This **VIDEO** describes the food groups and discusses the importance of a balanced nutritional diet. The **VIDEO** identifies health problems related to poor eating habits. It gives positive lifestyle changes one can work toward. The **VIDEO** has an excellent section on exercise.

- Produced by: Encyclopedia Britannica Ed. Corp., 1988
-

♣**VIDEO:** Favorite Native American

Who Can Use and How To Use

- Patients

Ms. Helen Coats from California Discusses how to lower sugar, fat, and salt in recipes commonly used by Native Americans in the California Area. The **VIDEO** shows Native people from Mariposa County preparing recipes with step by step instructions for Deer Meat Gravy, Vegetable Delight, Honey Berries, and Fry Bread.

- Produced by: Cooperative Extension, University of California, 1991
-

♣VIDEO: The Food Guide Pyramid**Who Can Use and How To Use**

- Patients and professionals

The pyramid goes beyond the “basic four food groups” to guide consumers on what foods to eat, what nutrients are in these foods and how to make the best nutritional choices; emphasis is on bread, grains, vegetables and fruits; cautions against foods high in fat, added sugars, and sodium.

- Produced by: National Health **VIDEO**, 1994
-

♣VIDEO: Good Nutrition for the Best Years**Who Can Use and How To Use**

- Patients

A program that gives valuable nutritional information to people over 60 to help them make the most of the food they eat. Great program for the elderly.

- Produced by: Ross Products Division, Abbott Laboratories, 1993
-

♣VIDEO: Grocery Store Tour**Who Can Use and How To Use**

- Patients

This **VIDEO** follows an actual tour being conducted through various sections of a supermarket. After viewing the **VIDEO**, participants will be able to utilize information from food labels to help them shop for low fat foods. Discussions focus on products consumers have most difficulty in selecting – meats, oils, crackers, dairy, and desserts.

- Produced by: American Heart Association
-

♣VIDEO: Healthy Meal Planning**Who Can Use and How To Use**

- Patients

This fast paced nutrition video provides a quick overview of healthy meal planning for persons with diabetes. It uses a “new station” format. Four topics are covered: food exchanges/food choice (six exchange groups), weighing and measuring foods, label reading, and cookbooks for persons with diabetes. A packet of patient handout materials accompanies the videotape and is useful for patient instruction to build on the information presented in the video.

- Produced by: Lawrence Productions, 1991
-

♣VIDEO: Hidden Fats and Sugars**Who Can Use and How To Use**

- Patients

This video shows the amounts of fats and sugars that are in common foods. It uses a lecture approach and would be helpful to support basic nutrition classes. This video was produced by the Winnebago/Omaha Diabetes Program and is 20:00 minutes long.

- Produced by: Lawrence Productions, 1991
-

♣VIDEO: How To Read the NEW Food Label**Who Can Use and How To Use**

- Patients and Professionals

The long-awaited new label has arrived! New features include expanded coverage, standardized serving sizes, health claim regulation, descriptor word definitions, added nutrient listings such as total fat, fiber, complex carbohydrates. Percent Daily Values. “Perhaps the most important nutrition educational tool available to the average consumer”.

- Produced by: National Health video, 1994
-

♣VIDEO: Lower Your Cholesterol Now!**Who Can Use and How To Use**

- Patients

This video discusses how to lower the fat content of the following foods: oils, meats, lunch meats, margarine, milk products, cheese, eggs, dessert, fruits, vegetables and grains. It gives good suggestions on how to make healthy choices to lower the fat intake. It teaches how to read labels to determine the fat content in foods, how to prepare foods to lower the fat, and reviews portion sizes.

- Produced by: Family Experience Productions, 1991
-

♣VIDEO: Meal Planning: Eating Right For People With Diabetes **Who Can Use and How To Use**

- Patients and family

This video uses the Food Guide Pyramid to discuss: meal planning, shopping, tips for healthy meals, and snacks. It is part of a set of six videos for people with diabetes.

- Produced by: Altschul Group Corporation, 1994
-

♣VIDEO: Overweight & Obesity **Who Can Use and How To Use**

- Patients

Up-to-date medical information to help you get the most out of every doctor visit by C. Everett Koop, MD, Medical Director, TIME LIFE MEDICAL. To help you understand what may be going on inside your body and how the diagnosis was made and explore the options for treatment and management including helpful lifestyle tips. This video is for patients and runs 30 minutes.

- Produced by: Time Life Medical, 1995
-

♣VIDEO: People with Diabetes Can Enjoy Healthier Lives **Who Can Use and How To Use**

- Patients and professionals

Video features people with diabetes who participated in The Diabetes Control and Complications Trial (DCCT) and say they feel better, have more energy and are enjoying life more. Describes intensive diabetes therapy including blood glucose monitoring, multiple daily insulin injections, individualized therapy and team approach.

- Produced by: Eli Lilly & Co., 1994
-

♣VIDEO: Plate of Life: Defeating Diabetes **Who Can Use and How To Use**

- Patients and professionals

A new Hemmy award winning diet and diabetes video is meant to promote a general healthy diet for persons with diabetes, based on the Food Guide Pyramid. In the video an elderly patient recounts IHS part healthy ways while a traditional camp land food ways are recreated on screen. This video is produced by David Nelson, PH Nutritionist.

- Produced by: Family Experience Productions, 1991
-

♣VIDEO: Shop Smart for Good Nutrition **Who Can Use and How To Use**

- Patients

This video gives suggestions by Nancy Cooper, RD, CDE on healthy shopping in a grocery store. It is best used in segments to compliment a specific nutrition lesson such as shopping to decrease saturated fats and prevent heart disease.

- Produced by: International Diabetes Center, 1991
-

♣VIDEO: Studies of the Patient Perspective: Viewpoint **Who Can Use and How To Use**

- Nutrition

- Professional

This video is the first attempt of its kind to portray the patient's point of view toward the dietary counseling process for the benefit of those involved in diabetes management. The program shows actual counseling sessions and interviews with patients; two individuals with Type I diabetes and one person with Type II diabetes.

- Produced by: AADE, 1988
-

♣VIDEO: Supermarket Savvy **Who Can Use and How To Use**

- Patients

This video depicts Leni Reed, RD, on a supermarket tour. She instructs a group on reading labels and calculating the percentage of fat in various food products. High quality sound and visuals are used. This video is best used in segments to complement a specific nutrition section of a class.

- Produced by: Leni Reed Associates, 1987
-

BOOKLET: Traditional Foods Can Be Healthy**Who Can Use and How To Use**

- Patients and professionals

It covers how people can live a balanced life in body, mind and spirit. Its still important to be strong and healthy.

- Produced by: NIH, National Cancer Institute, Sept. 1996
-

♣VIDEO: Weighing the Choices: Positive Approaches to Nutrition**Who Can Use and How To Use**

- Patients

This is an excellent, "Nutritionally solid video on weight control and healthy food choices. It has excellent food photography. The video describes obesity, risk factors of obesity, and guidelines to make healthy food choices. Breakfast, lunch, dinner, and snack choices that are high in complex carbohydrate, and moderate in protein and fats are featured.

- Produced by: Spectrum Films Inc., 1981
-

Nutrition – Heart

♣VIDEO: Eating Healthy for Heart Health**Who Can Use and How To Use**

- Patients

This video is designed to provide the latest nutrition information aimed at controlling dietary fat intake and reducing cholesterol.

- Produced by: Turner Educational Services, Inc. and Cable News Network, 1990.
-

BOOKLETS: How To Have A Healthy Heart**Who Can Use and How To Use**

- Patients

Describes the risk factors for heart disease and what can be done to prevent heart problems.

- Produced by: I.H.S., 1991
-

BOOKLETS: Taking Care of Your Heart**Who Can Use and How To Use**

- Patients

Defines blood cholesterol, explains how cholesterol affects the blood vessels, and suggests ways to lower cholesterol levels.

- Produced by: I.H.S., 1991

•Reading Level:

♣SLIDETAPE: After Your Heart Attack**Who Can Use and How To Use**

- Patients

This slide tape program instructs the patient about appropriate activities after a MI. It has good diagrams of the heart and relates to the risk of diabetes and heart disease. The program has 77 slides.

- Produced by: Vision Multimedia Communications, 1982.
-

TABLETS: Nerve Damage to the Heart and Blood Vessels**Who Can Use and How To Use**

- Professionals

These materials are single, tear-off-sheets, packaged in tablets of 50 sheets. Each topic is designed to support the diabetes education curriculum.

- Produced by: I.H.S., 1991

•Can be duplicated

•Reading Level:

♣SLIDES: Coronary Risks Factors**Who Can Use and How To Use**

- Patients

This slide/tape program has some excellent slides of the heart describing an infarct. The risks are well described. It talks about how to reduce risk factors. THIS program has 70 slides.

- Produced by: Vision Multimedia Communications, 1982
-

♣**SLIDES:** Hypertension

Who Can Use and How To Use

- Patients

This slide/tape program discusses hypertension. There are many medical terms used which are well defined in lay terms. A less desirable feature of the program is the lecture style of presentation. THIS program has 80 slides.

- Produced by: Vision Multimedia Communications, 1982
-

Nutrition – Kids (children)

♣**VIDEO:** Children & Weight – What's a Parent To Do?

Who Can Use and How To Use

- Patients and professionals

This video discusses attitudes toward the overweight child and give suggestions. Healthy eating ideas, habits and increased activity. A workbook is included to supplement the video.

- Produced by: Family Experience Productions, 1991
-

♣**VIDEO:** Eating Healthy for Kids

Who Can Use and How To Use

- Patients

With today's two career families and single parent households, the norm in America, guess who's cooking dinner tonight for the kids? The kids! This tape examines ways to establish good nutrition habits in youngsters and provides advice from the experts on what families should know about making healthy food choices for children.

- Produced by: Turner Educational Services, Inc. and Cable News Network, 1990
-

♣**VIDEO:** Feeding With Love and Good Sense

Who Can Use and How To Use

- Patients

This one hour **VIDEO** includes four-15-minute series about the interpersonal dynamics that are found in the feeding relationship based on the popular books by Ellen Satter, Registered Dietitian. They are divided into the following age groups: the infant, the older baby, the toddler, and the pre-schooler.

- Produced by: Bull Publishing Company, 1989
-

♣**VIDEO:** A Parent's Guide to Children's Weight

Who Can Use and How To Use

- Patients

This video by Carol Hans and Claes Jonasson gives information on children dietary management in 17:30 minutes.

- Produced by: Iowa State University Extension, 1989
-

♣**VIDEO:** The Dinosaur Tamer...and Other Stories
for Children with diabetes

Who Can Use and How To Use

- Patients

The Dinosaur Tamer is just one of 25 fictional stories that will entertain, enlighten, and ease your child's frustrations about having diabetes. Each tale warmly evaporates the fear of insulin shots, blood tests, being "different," and all the other not-so-fun parts of having diabetes. Marcia Levine Mazur, Peter Banks, and Andrew Keegan are the authors.

- Produced by: American Diabetes Association
-

Nutrition – Medical Nutrition Therapy

♣**VIDEO:** Medical Nutrition Therapy

Who Can Use and How To Use

- Professionals

This is an effective, high impact, 12 minute video showing the RD at work with other members of the health care team. Stresses REIMBURSEMENT and the cost effectiveness of RD intervention. The video includes: RD education, qualifications and specialties overview, actual hospitalized patients benefiting from RD intervention, Health Care team member comments on the vital role R.D.s play in the clinical setting (physician, nursing, PT, OT and Speech Pathology), and cost effectiveness study figures.

- Produced by: MACROVISION, 1995
-

Nutrition – Professional Resources

♣**VIDEO:** Discussion of St. Peter's School Health Project

Who Can Use and How To Use

- Professionals

This videos is a taped presentation by Karmen Booth, Health Education, Sacaton, AZ. She describes the school health program which includes a curriculum on nutrition and fitness that was implemented in St. Peter's School on the Gila River Indian Reservation and is 60 minutes long.

- Produced by: Karmen Booth, Health Educator, Sacaton, AZ , 1992
-

TABLETS: Hidden Fats

Who Can Use and How To Use

- Patients

These materials are single, tear-off sheets, packaged in tablets of 50 sheets. Each topic is designed to support the diabetes education curriculums.

- Produced by: I.H.S., 1990

- Can be duplicated
-

TABLETS: Hidden Sugars

Who Can Use and How To Use

- Nutritionist

These materials are single, tear-off sheets, packaged in tablets of 50 sheets. Each topic is designed to support the diabetes education curriculums.

- Produced by: I.H.S., 1990

- Can be duplicated
-

TABLETS: Hidden Sugars and Fats

Who Can Use and How To Use

- Nutritionist

These materials are single, tear-off sheets, packaged in tablets of 50 sheets. Each topic is designed to support the diabetes education curriculums.

- Produced by: I.H.S., 1990

- Can be duplicated
-

♣**VIDEO:** A Matter of Fat Cholesterol Management Program

Who Can Use and How To Use

- Nutritionist

Modules 1 thru 8, 60 minutes long.

- Produced by: Fleischmann, 1991
-

♣VIDEO: Lower Your Cholesterol, Now!**Who Can Use and How To Use**

- Patients

This video discusses how to lower the fat content of the following foods: oils, meats, lunch meats, margarine, milk products, cheese, eggs, desserts, fruits, vegetables and grains.

- Produced by: Family Experience Productions, 1991
-

TABLETS: Making Fry Bread More Healthy**Who Can Use and How To Use**

- Nutritionist

These materials are single, tear-off sheets, packaged in tablets of 50 sheets. Each topic is designed to support the diabetes education curriculums.

- Produced by: I.H.S., 1995

- Can be duplicated
-

♣VIDEO: Monitoring (DCCT) People with Diabetes Can Enjoy Healthier Lives**Who Can Use and How To Use**

- Providers

This video contains discussion by patients of the DCCT. The study described by various professionals who participated in the study. DCCT patients discuss what being part of the study did for them.

- Produced by: Eli Lilly & Co., 1994
-

BOOKLETS: Carbohydrate Counting: Moving On, Level 2**Who Can Use and How To Use**

- Dietitians

32-page basic booklet is designed to improve record keeping skills and teach pattern management. Pattern management includes identifying blood glucose patterns related to food, activity, and medication (if used), interpreting patterns; and determining an action plan. Limited number available; up to 20 booklets per site.

- Produced by: ADA/ADA, 1995

- No Available

- Reading Level:
-

WORKBOOK: Cooking for Good Health**Who Can Use and How To Use**

- Nutritionist, community Leaders

A guide for nutritionists and other community leaders to use in presenting a series of 5 "hands-on" cooking classes to teach healthy eating and food preparation to American Indians. Developed by Nonie Woolf, Nutritionist, Blackfeet Diabetes Program. Class topics include: 1) good foods can be low in fat, 2) preparing foods high in fiber, 3) low calorie and sugar dessert and holiday foods, 4) low-fat meat cooking, and 5) health wise shopping for food. 3-ring binder.

- Produced by: I.H.S., e

- No Available

- Reading Level:
-

BOOKLETS: Eat Less Fat**Who Can Use and How To Use**

- Nutritionist

11-page low literacy booklet in large print explains how fat adds extra calories, describes ways to reduce the amount of fat that can help to lose weight and lower blood sugar.

- Produced by: Center for Human Nutrition, 1980

- Reading Level:
-

BOOKLETS: Exchange Lists for Meal Planning**Who Can Use and How To Use**

- Nutritionist

THIS 33-page color booklet was revised to reflect the 1994 ADA nutrition exchange lists recommendations emphasis on the amount of carbohydrates consumed rather than the type of carbohydrate. Patients can now interchange starch, fruit, and milk lists. The new lists have been reordered and expanded to include new food products.

- Produced by: ADA/ADA, 1995

- No Available: Limited up to 25 per site.

- Reading Level:
-

BOOKLETS: First Step in Diabetes Meal Planning**Who Can Use and How To Use**

- Nutritionist

Easy-to-follow format is aimed at clients with diabetes to help them learn basic meal planning. Color brochure/poster for use by all members of the diabetes team. Include diabetes food guide pyramid.

- Produced by: ADA/ADA, 1995
 - No Available: Limited up to 25 per site.
 - Reading Level:
-

BOOKLETS: Food Preparation Affects Calories**Who Can Use and How To Use**

- Nutritionist

10-page low literacy booklet in large print. Examples are given on different ways to prepare food to lower the amount of calories. Developed in the Omaha Indian community.

- Produced by: Center for Human Nutrition, 1980
 - Reading Level: low literacy
-

**BOOKLETS: Healthy Eating Food Guide Handbook
And Resource Guide for Health Care Providers****Who Can Use and How To Use**

- Nutritionist

36-page guide for teaching diabetes nutrition concepts from the "Healthy Eating Food Guide for Diabetes for Native Americans". Includes sample "Healthy Eating Food Guide" client brochure of the food guide pyramid. 3-hole punched, ready for binder.

- Produced by: I.H.S., 1995
 - Reading Level:
-

POSTERS: Healthy Eating Food Guide**Who Can Use and How To Use**

- Nutritionist

A series of four 16 X 20 color posters to use in health clinics and health fairs. Depicts food guide pyramid for diabetes for Native Americans.

- Produced by: I.H.S., 1995
-

WORKBOOK: Honor the Gift of Food**Who Can Use and How To Use**

- Health professionals
- Training

A workbook for Nutrition Aides and health workers in home-based lessons. Each lesson (15-50 pages) includes graphics, recipes, and tips. Developed by Gwen Hosey, Nurse Consultant, Portland Area IHS Diabetes Program, in cooperation with the Northwest Indian College Nutrition Assistant Program, Bellingham, WA. Recommended for use by health providers interested in coaching nutrition assistants and health workers in community nutrition education. 3-hole punched, ready for binder.

- Produced by: I.H.S., 1995
 - Reading Level:
-

TABLETS: Meal Planning for Diabetes**Who Can Use and How To Use**

- Nutritionist

11-page low literacy booklet in large print explains how fat adds extra calories, describes ways to reduce the amount of fat that can help to lose weight and lower blood sugar.

- Produced by: I.H.S., 1990
 - Reading Level:
 - Can be duplicated
-

TABLETS: Tips on How to Cut Down on Fat**Who Can Use and How To Use**

- Nutritionist

33-page color booklet. The revised Exchange Lists reflect the 1994 ADA nutrition recommendations emphasis on the amount of carbohydrates consumed rather than the type of carbohydrate. Patients can now interchange starch., fruit, and milk lists. The new lists have been reordered and expanded to include new food products.

- Produced by: ADA/ADA, 1995
 - No Available: Limited up to 25 per site.
 - Reading Level:
-

<p>BOOKLETS: “What Do You do When the Nutritionist Isn’t There?” Diabetes Nutrition Teaching Tools: A Resource Guide for Health Care Providers</p> <p>A resource guide for non-nutritionists to teach patients the basics of diabetes nutrition education and includes teaching tips for four specific patient education booklet. 3-ring binder.</p> <p>• Produced by: I.H.S., 1991</p>	<p>Who Can Use and How To Use</p> <ul style="list-style-type: none"> • Nutritionist • Training <p>•Reading Level:</p>
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<p>BOOKLETS: Why All the Talk about Fat? Eating Healthy The American Indian Way</p> <p>National Cancer Institute booklet developed and field tested in Native American communities..</p> <p>• Produced by: I.H.S. Diabetes Program, 1995</p>	<p>Who Can Use and How To Use</p> <ul style="list-style-type: none"> • Nutritionist <p>•Reading Level: low literacy</p>
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Nutrition: Weight Control

<p>BOOKLETS: Eat Less Food</p> <p>12-page low literacy booklet in large print describes how eating less food can help to lose weight and lower blood sugar levels and gives suggestions on how to eat less food. Developed by the Omaha Indian Community.</p> <p>• Produced by: Center for Human Nutrition, 1980</p>	<p>Who Can Use and How To Use</p> <ul style="list-style-type: none"> • Patient <p>•Reading Level: Low literacy</p>
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<p>♣AUDIOTAPES: Five Nutrition Tools</p> <p>American Diabetes Association Georgia World Congress Center June 10-13, 1995 Workshop. ADA/ADA Five Nutrition Tools presented by Anne Daly, MS, RD, CDE and Harold Holler, RD, CDE.</p> <p>• Produced by: American Diabetes Association</p>	<p>Who Can Use and How To Use</p> <ul style="list-style-type: none"> • Professionals
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<p>♣AUDIOTAPES: Nutrition Practice Guidelines for NIDDM</p> <p>American Diabetes Association Georgia World Congress Center June 10-13, 1995 Workshop. ADA/ADA Nutrition Guideline for NIDDM.</p> <p>• Produced by: American Diabetes Association</p>	<p>Who Can Use and How To Use</p> <ul style="list-style-type: none"> • Patients
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<p>♣SLIDES: Carbohydrate Counting [Slidescript – White Binder]</p> <p>This all-new 48 color slide program explains the latest in diabetic diet management: Simplified Carbohydrate Counting. The DCCT demonstrated this tighter control dramatically decreases secondary complications of Diabetes...but the part your clients want to know about it how simple sugars work in their diet. Also included is a manuscript and worksheet.</p> <p>• Produced by: NutriVisuals, 1995</p>	<p>Who Can Use and How To Use</p> <ul style="list-style-type: none"> • Patients <p>•Reading Level:</p>
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<p>♣BOOKS: Diabetes Meal Planning Made Easy</p> <p>Book by Hope Warshaw, MMSc, RD, CDE. This book helps you learn about the new diabetes nutrition recommendations and master the intricacies of each food group in the new Diabetes Food Pyramid.</p> <p>• Produced by: American Diabetes Association</p>	<p>Who Can Use and How To Use</p> <ul style="list-style-type: none"> • Patients <p>•Reading Level:</p>
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♣BOOK: Diabetic Meals In 30 Minutes – Or Less!**Who Can Use and How To Use**

- Patient

More than 140 fast, flavorful recipes, plus dozens of Quick Tips to help you get food on the table in a flash! Authored by Hope S. Warshaw, MMSc, RD, CDE.

- Produced by: American Diabetes Association
-

♣SELF-STUDY KIT: Establishing an Effective Nutrition Education/Counseling Program**Who Can Use and How To Use**

- Professional

ADA produced self-study kit has two one-hour recorded cassette to provide you with the background and skills to plan, implement, and evaluate an effective nutrition education/counseling program.

- Produced by: American Dietetic Association
-

♣SLIDESHOW: Maximizing the Role of Nutrition in Diabetes Management**Who Can Use and How To Use**

- Patients

This slide show with leader guide provides an excellent patient or community education presentation on how to order delicious, low fat meals in fast-food restaurants. The 54 excellent quality slides can be used in total or partially for a presentation.

- Produced by: Herman Frankel, MD, 1988

- Reading Level:
-

♣AUDIOTAPES: New Nutritional Guidelines...Diet Question**Who Can Use and How To Use**

- Professional

For a New Day in Diabetes Care: Most Commonly Asked Diet Question. Confused by the big changes in diet for diabetics announced in the 1994 ADA Nutritional Guidelines? (Who Isn't?!). We have the perfect person to explain it all to you clearly and entertainingly.

- Produced by: Betty Brackenridge, MS, RD, CDE, 1995.
-

♣SLIDES: Nutrition Recommendation**Who Can Use and How To Use**

- Professional

American Diabetes Association Nutrition Recommendations: 1994. Periodically the ADA appoints a task force composed of researchers and clinicians, including dietitians and physicians, to review and summarize published research in a technical review paper and to write a summary position paper. Nutrition recommendations are based on published data; if this is not possible, recommendations are based on clinical experiences and consensus. Binder with 22 slides.

- Produced by: American Diabetes Association:
-

♣SLIDESHOW: Nutrition and Diabetes (3 parts)**Who Can Use and How To Use**

- Patients

Part 1:

Type I Diabetes, 16 minutes 114 slides with narrator. It covers the scope of dietary concerns including exercise, alcohol, sick days, and food selection using exchange lists.

Part 2:

Type II Diabetes, 14 minutes 106 slides with narrator. It takes a very positive outlook regarding the benefits of healthy eating patterns and concentrates on weight control

Part 3:

Living Life to the Fullest! 12 minutes 104 slides with narrator. It shows how patients with Type I and Type II diabetes can enjoy eating out in restaurants, enjoy ethnic foods at home, shop for the most nutritious and delicious foods. Patients are encouraged to assume self care and become involved as a vital part of the health care team.

- Produced by: The Polished Apple, 1987
-

♣ **CASSETTE TAPE:** Shop Smart for Good Nutrition

Who Can Use and How To Use

- Professionals

Shop Smart for Good Nutrition – a cassette tape with slides by International Diabetes Care.

- Produced by: International Diabetes Center
-

Pregnancy

♣SLIDE TAPES: Adverse Outcomes of Pregnancy

Who Can Use and How to Use

- Professional

This is a slide tape self-study module prepared for professionals to be used in conjunction with *The Prevention and Treatment of Five Complications of Diabetes*. The program has 41 slides produced by Steven G. Gable, MD.

- Produced by: Pennsylvania Diabetes Academy, 1987
-

♣VIDEO: Contraceptive Choices

Who Can Use and How to Use

- Patients

This modern-styled videotape covers the full range of birth control methods currently available, including contraceptive implants, rates each method on general effectiveness, provides user instructions, and discusses the benefits, risks, and side effects of each method. It also covers surgical sterilization methods.

- Produced by: Milner-Fenwick, 1991
-

♣VIDEO: Detect/Prevent of Outcomes in Pregnancy

Who Can Use and How to Use

- Health Professionals

Prepregnancy counseling and strict metabolic control are emphasized and specific management protocols are outlined.

- Produced by: Media Library/University of Michigan, 1991
-

♣VIDEO: Diabetes During Pregnancy: How to Keep the Balance

Who Can Use and How to Use

- Patients

This video portrays a young Navajo woman who describes the importance of balance and having to control diabetes during pregnancy. The video provides a basic explanation of diabetes during pregnancy, including information on oral health care, the importance of blood sugar control.

- Produced by: I.H.S. Diabetes Program/University of Michigan, 1991
-

BOOKLETS: Diabetes and Family Planning

Who Can Use and How to Use

- Patients

A 1-page tear off sheet emphasizes the need for good blood sugar control prior to becoming pregnant. List birth control options.

- Produced by: I.H.S./Sacaton/Albuquerque Diabetes Program, 1995
 - Reading Level:
-

♣SLIDES/AUDIOTAPE: Diabetes During Pregnancy

Who Can Use and How to Use

- Patients

This 52 slide program portrays a young Navajo woman who describes the importance of balance and having to control diabetes during pregnancy. The video provides a basic explanation of diabetes during pregnancy, including information on oral health care, the importance of blood sugar control.

- Produced by: University of Michigan, 1991
-

STICKERS: GDM Stickers

Who Can Use and How to Use

- Professionals

A 1 1/2" X 1" fluorescent green sticker than can be affixed to the problem list in the medical records to alert health care providers that the patient has gestational diabetes or a IHS story of GDM.

- Produced by: I.H.S. Diabetes Program/University of Michigan, 1991
-

♣VIDEO: Gestational Diabetes**Who Can Use and How to Use**

- Patients

This video explains what gestational diabetes is and how it affects the mother and baby. Key issues including weight gain, exercise, nutrition, blood glucose monitoring, ketone testing, insulin, and delivery are discussed.

- Produced by: Milner-Fenwick, 1991
-

♣VIDEO: Gestational Diabetes: Common Sense Guide. . .**Who Can Use and How to Use**

- Health Professionals

This video emphasizes a team approach with a provider and expected moms to control diabetes through blood glucose monitoring, meal planning, exercising, and insulin injections, if necessary.

- Produced by: Altschul Group Corporation, 1994
-

♣VIDEO: Gestational Diabetes: You're in Control**Who Can Use and How to Use**

- Patients

Gestational diabetes is a common complication to pregnancy, and it can be scary. But you don't have to be afraid, because you can control it.

- Produced by: MEDCOM, Inc.
-

♣VIDEO: Hey Baby!**Who Can Use and How to Use**

- Patients

This video is entertaining and would be good for teen audience. Songs and rap music are used to convey the message about good nutrition during pregnancy. This video stresses the importance of exercise to help lose weight and stay healthy. A booklet entitled "A Pregnant Woman's Guide" is available to enhance learning.

- Produced by: University of Minnesota, 1988
-

BOOKLETS: How to Have a Healthy Baby – Gestational Diabetes**Who Can Use and How to Use**

- Patients

Explains how high blood sugars can affect pregnancy and what can be done to have a healthy pregnancy and a healthy baby.

- Produced by: I.H.S., 1990

- Reading Level:
-

♣VIDEO: Humulin Issues and Answers Pregnancy and Diabetes**Who Can Use and How to Use**

- Health Care Providers

Three experts discuss pregnancy in Type I and Type II diabetes and gestational diabetes; screening practices and importance of proper control focusing on use of human insulin.

- Produced by:
-

♣VIDEO: Miracle of Birth**Who Can Use and How to Use**

- Patients

This video shows three births and gives parents realistic expectations of labor and delivery. The video discusses the use of epidural, forceps, and caesarean section, and natural birth.

- Produced by: Milner-Fenwick, 1991
-

♣AUDIOTAPE: Morning Sickness: Myths, Miseries and Management**Who Can Use and How to Use**

- Patients

This 45-minute audiotape is great for women who cannot read due to morning sickness-related vertigo.

- Produced by: Milner-Fenwick, 1991
-

BOOK: No More Morning Sickness**Who Can Use and How to Use**

- Patients

A survival guide for pregnant women. A book written by Mariam Erick, RD, MD on morning sickness is not in your imagination. You don't have to accept the opinions of those who think you're exaggerating your discomfort or the advice of those who say "just grin and bear it." Also included are recipes for safe and nutritious food that provide relief with a audio-cassette type addressing the most common complaint of pregnancy . . . *Morning Sickness!*

- Produced by: Mariam Erick, RD, MD
-

♣VIDEO: Morning Sickness: All Day and All Night**Who Can Use and How to Use**

- Pregnant Patients

Isn't it surprising that of all the helpful information available about pregnancy, the subject of morning sickness is hardly mentioned in any book or video? It is specifically designed to treat the timeless problem of morning sickness. Combining years of documented research and excellence in broadcast journalism, Mariam Erick and Liz Weiss bring you the latest strategies for controlling the nausea and vomiting associated with morning sickness.

- Produced by: Lemon-Aid Films, Inc.
-

BOOKLETS: My Prenatal Record**Who Can Use and How to Use**

- Patients

33-page 5 1/2" x 8 1/2" booklet for use by prenatal with diabetes in recording daily blood glucose, urine ketone results, insulin, physical activity and length of time for this activity, kick counts, and food intake. List recommends blood glucose goals for fasting. 1-hour and 2-hours after meals, and bedtime. Includes instructions on how to record with sample page, 2-page per day recording for a total of 15 days.

- Produced by: I.H.S., 1993

- Color: Red
-

BOOKLETS: Planning for Pregnancy When You Have Diabetes**Who Can Use and How to Use**

- Patients

13-page booklet. Targets women with diabetes who may want to get pregnant.

- Produced by: I.H.S., 1993

- Reading Level:
-

♣VIDEO: Tradition of Love**Who Can Use and How to Use**

- Patients

This is a promotional video on breast-feeding. Breast-feeding is chosen by most women in the United States. Breast-feeding protects babies against illness. Breast-feeding promotes a woman's mothering role and provides all the nutrition a baby needs for the first six months of life.

- Produced by: Ambrose Communications
-

♣VIDEO: Ours to Care For**Who Can Use and How to Use**

- Patients

This 6 minute video emphasizes the special importance of good nutrition during pregnancy for the contemporary Native American Women, in the Context of their rich cultural heritage.

- Produced by: Shenandoah Film Productions, Michigan, 1992
-

♣VIDEO: You Can Have a Healthy Baby**Who Can Use and How to Use**

- Patients

Gestational Diabetes.

- Produced by: Big Sandy Rancheria, March, 1991
-

PSYCHOSOCIAL

BOOKLETS: Feelings and Diabetes

Explains the emotional feelings that people with diabetes may experience and gives suggestions on how to manage the feelings related to having diabetes.

Produced by: I.H.S., 1992

Who Can Use and How to Use

- Professionals

• Reading Level:

♣VIDEO: Good Medicine - Holistic

This video is a Public Broadcasting Service Production discussing the concept of holistic health care practices. This video is 10:00 minutes long.

• Produced by: I.H.S., 1982

Who Can Use and How to Use

- Professional

♣VIDEO: Good Medicine - Navajo

This video describes the Navajo Indian medicine man IHS relationship to the health of Navajo people. This video is a Public Broadcasting Service Production.

• Produced by: I.H.S., 1982

Who Can Use and How to Use

- Professional

♣VIDEO: Good Medicine - Sioux

This video describes the medicine man IHS relationship to the health for the Sioux people. Th video is a Public Broadcasting Service Production

• Produced by: I.H.S., 1982

Who Can Use and How to Use

- Professional
- This video Professional

♣VIDEO: I Control Diabetes/I'm Worth It

This video shows a CHR going into a home to discuss diabetes with a patient. It was videotaped in the Nez Perce Indian Community. There are two sections – “*I Control Diabetes*” and “*I'm Worth It*”. In “*I control Diabetes*” the concept of self care is brought out along with the help and assistance that can be gained by working with the diabetes team. “*I'm Worth It*” is an exercise program describing exercise as essential for diabetes control.

• Produced by: Portland Area Diabetes Program, 1987

Who Can Use and How to Use

- Patients

♣VIDEO: Living with Diabetes

This video is taken from a panel discussion of Native Americans from: Ideas in Education and Prevention. Several Native Americans with diabetes describe how they feel about having diabetes and the complications related to diabetes.

• Produced by: NARTC, 1989

Who Can Use and How to Use

- Patients

♣VIDEO: Our Indian People

This 15-minute video features Will Sampson, and was designed to foster an appreciation for the richness of Native American cultures and promote social support by reinforcing traditional values. Teaches friendship, sharing and respect for all people.

• Produced by: Shenandoah Film, 1992

Who Can Use and How to Use

- Patients
- This video Professional

♣VIDEO: Our Wellness Camp**Who Can Use and How to Use**

- Patient

This video was taped during the first camp held in Arizona, summer of 1991 for Native American Children with Diabetes and at risk for diabetes. Several counselors and participants are interviewed regarding their experiences with the camp.

- Produced by: NARTC, 1992
-

♣VIDEO: We Look-You Look: Perspective on Acculturation**Who Can Use and How to Use**

- Patient

Judith BlackFeather, RN, MPH, discusses American Indian perspectives about time, death, social interaction, religion, etc.

- Produced by: I.H.S.
-

RESOURCES FOR HEALTH PROFESSIONALS

BOOKLETS: Alcohol and Diabetes: Case Studies

Who Can Use and How to Use

- Professional
-

An outline of two case studies to demonstrate the pathophysiologic interaction of alcohol and diabetic patients. Can be used to prepare a workshop on the subject.

- Produced by: I.H.S., 1995

- Can be duplicated
-

BOOKLETS: Bibliography of Publications from the Diabetes Program: Various Topics on Diabetes and Native Americans

Who Can Use and How to Use

- Professionals

Lists journal articles, textbook chapters about diabetes in Native Americans published by I.H.S. Diabetes Program professionals.

- Produced by: I.H.S., 1985-1997

- Can be duplicated
-

♣VIDEO: Certified Diabetes Educator Review

Who Can Use and How to Use

- Professional

These 5 videos can be used by health care professionals to review for the CDE exam. Each video is accompanied by a review booklet. The title of the video and booklet are:

- 1) *Physiology and Pathophysiology of Diabetes* 1 hr. 20 min.
 - 2) *Monitoring Diabetes* 1 hr. 12 min.
 - 3) *Nonpharmacologic Therapies* 1 hr. 40 min.
 - 4) *Pharmacologic Intervention in Diabetes* 1 hr. 25 min.
 - 5) *Psychosocial Aspects of Diabetes Teaching* 1 hr. 26 min.
- Self-Management of Diabetes*

- Produced by: Nursing Tutorial and Consulting Services
-

♣AUDIOCASSETTE: Coping with Difficult People

Who Can Use and How to Use

- Professional

Robert M. Bramson, Ph.D., not only has studied difficult people but also has closely observed the diplomats of this world...the people who seem to get along and get results from everyone they encounter.

- Produced by: Simon & Schuster Audio Production, 1986
-

BOOKLETS: A Core Curriculum for Diabetes Education

Who Can Use and How to Use

- Professional
-

Second edition published by the American Association of Diabetes Educators and the AADE Education and Research Foundation. This book was updated to identify and present the diversified knowledge required as core for diabetes educators.

- Produced by: AADE, revised, 1993
-

BOOKLETS: A Core Curriculum for Diabetes Education **ADDENDUM TO SECOND EDITION**

Who Can Use and How to Use

- Professionals

There seems to be no better word to describe diabetes care today than change. Some of the changes reflect the exciting developments in the pharmacologic therapies available to treat diabetes. The core of knowledge about the care of the patient with diabetes is expanding.

- Produced by: AADE, revised, 1996
-

♣**SLIDES:** CHR Diabetes Training Manual (management guide)

Who Can Use and How to Use

- Professional/patients

These slide program on Type II Diabetes was designed to be used to educate CHR's but can be adapted to teach patients. It is divided into 5 topics with several units under each topic.

- I. Role of Health Worker** (13 slides)
- II. What is Diabetes**
 - a. What is Diabetes (34 slides)
 - b. Preventing Diabetes (13 slides)
 - c. High and Low Blood Sugar (20 slides)
 - d. Long Term Problems (27 slides)
- III. Associated Problems**
 - a. Pregnancy (22 slides)
 - b. Type II Diabetes and Hypertension (8 slides)
 - c. Type II Diabetes and Alcohol (6 slides)
- IV. You're in Control**
 - a. Learning to Live with Diabetes (16 slides)
 - b. Family Involvement (8 slides)
 - c. Health Care and Community Resources (9 slides)
- V. Self Management**
 - a. Diet (28 slides)
 - b. Exercise (15 slides)
 - c. Monitoring (16 slides)
 - d. Insulin (18 slides)
 - e. Oral Medications (11 slides)
 - f. Illness (7 slides)
 - g. Personal Care (27 slides)

- Produced by: I.H.S. Diabetes Program, 1987
-

♣**SLIDES/SCRIPT:** Diabetes in American Indians and Alaska Natives

Who Can Use and How to Use

- Professional

This 33-slide/script program was developed for Health Educators to use in educating patients and community members on the general facts of diabetes.

- Produced by: I.H.S. Diabetes Program, 1991
-

♣**VIDEO:** Diabetes Mellitus: A Teaching Video on Care of the Elderly

Who Can Use and How to Use

- Professional

A teaching video on care of the elderly. Distributed by Universal Health Associates, Inc. and is 18 minutes long.

- Produced in: 1989
-

♣**VIDEO:** Diabetes in the Hospital

Who Can Use and How to Use

- Providers

This video gives suggestions on how to encourage patients to be active participants in selfcare. It reviews the importance of patient assessments. Nurses are complimented as a valuable resource and should be familiar with the resources that are available.

- Produced by: University of Minnesota Hospital and Clinics, 1990
-

♣**SLIDES:** Diabetes: What Is It?

Who Can Use and How to Use

- Patients

This 43-slide program gives a basic introduction to diabetes. It tells how diabetes affects the body, the kinds of people most likely to get diabetes, and warning signs of the diabetes.

- Produced by: White Mountain Apache Tribe, 1985
-

♣**VIDEO:** Empowerment: Mind, Sickness, Health....

Who Can Use and How to Use

- Professional

Presents an overview of the self-empowerment training program by Paul Skinner, Ph.D.

- Produced by:
-

♣**AUDIOCASSETTE:** Lectures

Who Can Use and How to Use

- Professional

Georgia World Congress Center, June 10-13, 1995 lecture: *Epidemiology, Genetics and Prevention* by Kelly West and a presentation: *The Pima Indian Contribution* by William C. Knowler, MD, Ph.D.

- Produced by: American Diabetes Association
-

♣**VIDEO:** Growing Healthy

Who Can Use and How to Use

- Health Care Provide

This video gives an overview of the “Growing Healthy” curriculum, K-8th grade comprehensive school health education. The “Growing Healthy” curriculum can increase the children’s knowledge and awareness of healthy practices which can lead to healthy behavior changes and choices.

- Produced by: National Center for Health Education, 1986
-

♣**VIDEO:** High Blood Pressure (cardiology)

Who Can Use and How to Use

- Patients

This video clears up the most common misconceptions about hypertension. It shows how untreated high blood pressure can lead to heart attack, stroke, or kidney failure. Viewers learn the importance of behavior changes such as weight control, sodium reduction, and exercise. The tape also discusses medications.

- Produced by: Milner-Fenwick
-

♣**BOOK:** How To get Great Diabetes Care

Who Can Use and How to Use

- Patients

What you and your doctor can do to improve your medical care and your life. Whether you’re newly diagnosed or you’ve had diabetes for several years, the importance of getting thorough, effective diabetes care is critical to your long-term good health. The book explains the American Diabetes Association Standards of Care and informs you – step-by-step – of the importance of seeking medical attention that meet these standards.

- Produced by: American Diabetes Association 1996
-

♣**SLIDE/VIDEO:** How to Measure and Inject Insulin

Who Can Use and How to Use

- Professional

A slide and video program to help adults and children on learning how to do insulin injection. Most of them were apprehensive at first. Kind of a bother, but something that has to be done to stay healthy.

- Produced by: International Diabetes Center
-

BOOKLETS: I.H.S. Introduction to Type II Diabetes: A Guide...

Who Can Use and How to Use

- Professional

25-page 7” X 8 1/2” booklet contains a brief introduction to Type II Diabetes and I.H.S. Diabetes Standards of Care.

- Produced by: I.H.S. Revised June 1995
-

BOOKLETS: I.H.S. Diabetes CEU Package for Nurses**Who Can Use and How to Use**

- Professional

A two-part CEU package for nurses utilizing Eli Lilly's Managing Your Diabetes: *A Comprehensive Study Guide for Patients and their health care professionals* and the I.H.S. supplement "I.H.S. Nurses' Introduction to Type II Diabetes in American Indians and Alaska Natives".

- Produced by: I.H.S., 1995
-

♣BOOK: Intensive Diabetes Management**Who Can Use and How to Use**

- Professional

Focuses on the intensive management of patients with Type 1 and Type II diabetes. The idea for this book was conceived during discussion with colleagues regarding implementation of the results of the Diabetes Control and Complications Trial (DCCT).

- Produced by: American Diabetes Association, Clinical Education Series, 1995
-

♣BOOK: Managing Diabetes on a Budget**Who Can Use and How to Use**

- Patients

Managing Diabetes on a Budget is a roll-up-your-sleeves, nuts and bolts approach to getting the most out of every dollar you spend on diabetes self-care. Written by a person with diabetes, it's jam-packed with tips and hints to save you money on everything from medications and diet to exercise and health care.

- Produced by: American Diabetes Association 1996
-

SHEETS: Minimum Standards of Care for Patients with Diabetes**Who Can Use and How to Use**

- Professional

A consensus statement from I.H.S. Area Diabetes Control Officers detailing minimum standards of care for patients who have diabetes to guide I.H.S./Tribal health programs.

- Produced by: Indian Health Service, 1996

•Can Be Duplicated

♣AUDIOCASSETTE: Monitoring Diabetes**Who Can Use and How to Use**

- Professional

Presentation by S. M. Kaplan, RN, MS, CDE and is 1 hr. and 12 minutes.

- Produced by: Nursing Tutorial & Consulting Services
-

♣AUDIOCASSETTE: Nonpharmacologic Therapies**Who Can Use and How to Use**

- Professional

This is a nutrition and exercise presentation by M. L. Price, MS, RD, CDE and is 1 hr. and 40 minutes long.

- Produced by: Nursing Tutorial & Consulting Services
-

**BOOKLETS: Orientation Package on Type II
Diabetes in Native Americans****Who Can Use and How to Use**

- Primary Care Providers

Includes Minimum Standards of Care, "Physician's Guide for the Prevention and Treatment of the Complications of Diabetes" from the Centers of Disease Control, a reference list of selected articles on diabetes care and the I.H.S. booklet "An Introduction to Type II Diabetes in Native Americans."

- Produced by: I.H.S., 1995

• Can be duplicated

♣AUDIOCASSETTE: Lectures**Who Can Use and How to Use**

- Professional

NIDDM Practice Guidelines: Outcomes and Cost-Effectiveness presented by Monk; Masse; Splett; and Franz.

- Produced by: American Dietetic Association, 1994
-

♣VIDEO: Patient Interviews**Who Can Use and How to Use**

- Professional

This video includes 3 interviews, 10-12 minutes length, conducted by the consultant psychologist Dr. Duane MacKay of the Winnebago Diabetes Program. Dr. MacKay has identified these individuals as role models for healthy lifestyles in Indian communities.

- Produced by: Winnebago/Omaha Diabetes Program, 1987
-

BOOKLETS: Prevention and Treatment of Complications of . .**Who Can Use and How to Use**

- Professional

Of Diabetes: A Guide for Primary Care Providers...to help the primary care practitioner manage patients with diabetes with recommendations for prevention, detection, and treatment of the major complications of diabetes.

- Produced by: CDC, 1991
-

♣AUDIOCASSETTE: Pharmacologic Intervention in Diabetes**Who Can Use and How to Use**

- Professional

This is a presentation by C.B. Salter, R.Ph. and is 1 hour and 25 minutes long.

- Produced by: Nursing Tutorial & Consulting Services
-

♣AUDIOCASSETTE: Lectures**Who Can Use and How to Use**

- Professional

"Physiology and Pathophysiology of Diabetes" presented by J.E. Nestler, MD, FACP and is 1 hour and 20 minutes long.

- Produced by: Nursing Tutorial & Consulting Services
-

BOOKLETS: The Pima Indians – Path Finders for Health**Who Can Use and How to Use**

- Professional

The Pimas were strong runners who were also master weavers and farmers who could make the desert bloom. Once trusted scouts for the U.S. Cavalry. The Pima Indians are pathfinders for health, helping scientists from the National Institute of Diabetes and Digestive & Kidney Disease (NIDDK) a part of the (NIH), learn the secrets of diabetes, obesity, and their complications.

- Produced by: NIH, 1994
-

♣AUDIOCASSETTE: Lecture**Who Can Use and How to Use**

- Professional

Psychosocial Aspects of Diabetes Teaching of Self-Management was presented by S. M. Kaplan, RN, MS, CDE and is 1 hr. and 26 mins.

- Produced by: Nursing Tutorial & Consulting Services
-

♣VIDEO: Standardizing Blood Pressure Measurement:**Who Can Use and How to Use**

- Professional

This is a 77 minute video on Basic Skills, Equipment needed and K Sounds and Pulses Review and Practice Reading the Mercury Manometer Proper Technique followed by 6 B.P. examples.

- Produced by: SHARED CARE
-

SEXUALITY

♣VIDEO: Diabetes and Sexuality**Who Can Use and How to Use**

- Patients

Women and men with diabetes, and noted health professionals share feelings and information about impotence, pregnancy, female sexual problems, and the effects of Type I Diabetes on the Sexual Maturing Process.

- Produced by: ORACLE Film & Video, 1990
-

BOOKLETS: The Intimate Side of Diabetes**Who Can Use and How to Use**

- Patient

Discusses issues about how diabetes affects sexuality and pregnancy.

- Produced by: I.H.S., 1983
-

TEETH

BOOKLETS: Taking Care of Your Teeth – Gum Disease

Who Can Use and How to Use

- Patient

Defines periodontal disease, how it develops, signs and symptoms of gum disease, and ways to prevent periodontal disease.

- Produced by: I.H.S., 1990
-

HEALTH PROMOTION

TABLETS: American Indian and Alaska Native People
Blood Pressure

Who Can Use and How To Use

- Patients
- Clinic visit - handout

Keepers of Wisdom to Strengthen the Hearts...Keep the harmony within you – check your blood pressure! This tablet is a single, tear-off sheet, packaged in 50 sheets. It is designed to support the diabetes education curriculums.

- Produced by: NIH/NHLBI/ I.H.S.
-

TABLETS: American Indian and Alaska Native People
Being Active

Who Can Use and How To Use

- Patients
- Clinic visit - handout

Keepers of Wisdom to Strengthen the Hearts...Give your heart a workout! This tablet is a single, tear-off sheet, packaged in 50 sheets. It is designed to support the diabetes education curriculums.

- Produced by: NIH/NHLBI/ I.H.S.
-

TABLETS: American Indian and Alaska Native People
Tobacco Misuse

Who Can Use and How To Use

- Patients
- Clinic visit - handout

Keepers of Wisdom to Strengthen the Hearts...Help your heart! This tablet is a single, tear-off sheet, packaged in 50 sheets. It is designed to support the diabetes education curriculums.

- Produced by: NIH/NHLBI/ I.H.S.
-

TABLETS: Diabetes and American Indians
Are you at Risk?

Who Can Use and How To Use

- Patients
- Clinic visit - handout

Diabetes is a growing problem for Native Americans. Many Native Americans have Type II diabetes. Diabetes is a serious disease that can cause problems with the heart, eyes, kidneys, feet and gums.

- Produced by: American Diabetes Association
-

♣**MANUAL:** Creating Physical Activity Programs in
American Indian Communities

Who Can Use and How to Use

- Professional

This manual is for everyone – local volunteer or paid public health professional – who wants to start or develop a fitness program for American Indians in IHS or her community. The manual provides advice, warnings, and examples from the kinds of experiences you may face working with community members and organizations.

- Produced by: USPHS/PHS/CDCP, 1995
-

♣**AUDIOCASSETTE:** Establishing an Effective Nutrition...

Who Can Use and How to Use

- Professional

ADA produced self-study kit has two one-hour recorded cassette to provide you with the background and skills to plan, implement, and evaluate an effective nutrition education/counseling program.

- Produced by: American Dietetic Association
-

BOOKLETS: Holiday Eating Learning Program: A Team Weight Loss Competition

H.E.L.P. is a 11-week program, starting the week of Halloween and ending the second week of January. The goal is to promote weight loss or maintenance of a healthy weight during the holidays. This program uses team competition and motivational techniques to promote healthful exercise and eating behaviors. Developed by Zuni Diabetes Project, Pueblo of Zuni, NM.

- Produced by: I.H.S., 1995

Who Can Use and How to Use

- Professional
- A Guide for Primary Care Providers

- Reading Level:
-

BOOKLETS: H.E.L.P. Coordinator's Guide

10-page 8 ½" X 11" booklet provides information and guidelines for volunteer coordinators to implement the program. Includes identifying program director and coordinators, materials/needs, a program plan, contest rules, advertising and recruiting, registration, awards celebration and evaluation. Developed by Zuni Diabetes Project, Pueblo of Zuni, NM.

- Produced by: I.H.S., 1995

Who Can Use and How to Use

- Professional
- A Guide for Primary Care Providers

- Reading Level:
-

BOOKLETS: H.E.L.P. Participant's Booklet

19-page 8 ½" X 11" booklet provides team competition rules, exercise record, 15 holiday eating survival tactics, lifestyle improvement plan, exercise tips and nutrition information. Developed by Zuni Diabetes Project, Pueblo of Zuni, NM.

- Produced by: I.H.S., 1995

Who Can Use and How to Use

- Professional
-

- Reading Level:
-

PROGRAM DEVELOPMENT

BOOKLETS: Patient Education Protocols

Who Can Use and How to Use

- Professional

61-page listing of all I.H.S. PCC codes for patient education. Use of codes helps providers document and track patient education. 3-hole punched, ready for binder.

- Produced by: I.H.S., 1992

- Reading Level:
-

BOOKLETS: PCC Diabetes Management System

Who Can Use and How to Use

- Professional

A manual describing use of the RPMS Patient Care Component for establishing a diabetes register, generating a flow sheet, performing an audit of diabetes care, reporting diabetes specific information on PCC encounter forms and retrieving clinical information about diabetic patients.

- Produced by: I.H.S., 1994

- Reading Level:
-

BOOKLETS: Putting Integrated Diabetes Care and Education To Work for American Indians/Alaska Natives

Who Can Use and How to Use

- Professional

37-page CQI guide for evaluating the quality of a diabetes program. The review establishes a baseline for the program identifying program strengths, challenges and recommendations. Written measurable goals/objectives becomes the annual program plan. The goals and objectives can be evaluated regularly using this guide.

- Produced by: I.H.S., 1995

- Reading Level:
-

BOOKLETS: Quality Assessment of Diabetes Care

Who Can Use and How to Use

- Professional

A computer program in Epi-Info with instructions and a computer disk that facilitates the annual medical chart audit against the I.H.S. Standards of Care. Available in 3 1/2" disk.

- Produced by: I.H.S., 1996

- Reading Level:
-

SCHOOL HEALTH

♣**VIDEO:** It's Time to Learn About Diabetes

Who Can Use and How to Use

- Children

THIS video is about Type I Diabetes. It shows children how they can help manage their diabetes. It explains how kids can continue to their normal activities with a little bit of planning. The hosts are 2 children with diabetes. They explain their feelings about diabetes and how they take care of themselves.

- Produced by:
-

BOOKLETS: You Can Make A Difference: Developing Comprehensive School Health Education Programs In Indian Communities

Who Can Use and How to Use

- Professional

14-page 8 1/2" x 11" booklet describes what a comprehensive school health education program is and outlines the steps in implementing a program. Developed in the Diabetes Prevention Program in Tohono O'odham community, Sells, AZ.

- Produced by: I.H.S., 1992

- Reading Level:
-

WOMEN'S HEALTH

♣VIDEO: Vaginitis and Abnormal Gynecological Discharges**Who Can Use and How to Use**

- Patients

This video contains information about gynecological problems which originate in the vagina, uterus, fallopian tubes, ovaries, and cervix. The possible causes of each problem and the usual treatments are discussed.

- Produced by: Milner-Fenwick, 1991
-

♣VIDEO: Women and Heart Disease**Who Can Use and How to Use**

- Patients

This video discusses the statistics for heart disease in women and briefly reviews the results of the Framingham heart study. Risk factors for heart disease, i.e., smoking, cholesterol levels, HTN, and age are discussed. Suggestions on ways to promote health education regarding women and heart disease are presented.

- Produced by: American Heart Association, 1989
-

Additional New Material

♣BOOK: American Diabetes Association Complete Guide to Diabetes

The Authoritative Resource from the Diabetes Experts. The Ultimate Home Diabetes Reference. Now the ADA has gathered a complete, thorough collection of the best self-care techniques, into one book designed specifically for you, whether you have type 1 or type 2 diabetes, or whether you're newly diagnosed or you've had diabetes for several years.

• Produced by: ADA, 1997

Who Can Use and How to Use

• Professional

• Reading Level:

♣BOOK: Brand-Name Diabetic Meals in Minutes

Quick and healthy recipes to make your meals tastier and your life easier by ADA. These brand-name recipes can give you a head start on tasty healthful meals and have been adjusted to give you a lower amount of fat without losing the taste and texture.

• Produced by: ADA, 1997

Who Can Use and How to Use

• Professional

• Reading Level:

♣BINDER: Cardiovascular Risk Factor Management [A Lecture Program]

A clinical education program of the American Diabetes Association and The National Heart, Lung, and Blood Institute. Covered in this binder with slides are the interrelationship of Risk Factors. The traditional risk factors for atherosclerotic vascular disease are shown in the slide. That insulin resistance and hyperinsulinemia may be part of the clusters of atherosclerosis risk factors. In this study, the relationship between various cardiovascular risk factors and the incidence of myocardial infarction during a 4 year period was determined in 2,754 men aged 40-65 years.

• Produced by: ADA, 1992

Who Can Use and How to Use

• Professional

• Reading Level:

♣BINDERS: LIFE with Diabetes

A series of teaching outlines by the Michigan Diabetes Research and Training Center. The primary purpose is to guide health professionals in the education of patients with diabetes mellitus. The outlines provide information on many diabetes-related topics.

• Produced by: ADA, 1997

Who Can Use and How to Use

• Professional

• Reading Level:

♣BOOK: The ten keys to Helping your child grown up with Diabetes

RAISING CHILDREN is hard enough without the extra burdens imposed by diabetes. Here's help for parents who face the problems, feelings and situations that can accompany managing the disease.

• Produced by: ADA., 1997

Who Can Use and How to Use

• Professional

• Reading Level:

♣BOOKS: Type 2 Diabetes...Your Healthy Living Guide

Tips, techniques, and practical advice for living well with diabetes. If you have type 2 diabetes, it's now twice as important to live a healthy lifestyle. A thorough guide to staying healthy with type 2 diabetes – everything from choosing a health care team and eating and exercising to self-monitoring, insulin, dealing with complications, and keeping mentally fit. You'll also find helpful tips on employment and health insurance.

• Produced by: ADA, 1997

Who Can Use and How to Use

• Professional

• Reading Level:

♣ **Reference BINDER: WIN**
Weight-control Information Network

WIN is a service provided by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), which is the Federal government's lead agency responsible for biomedical research on nutrition and obesity. WIN is a resource center developed by NIDDK to provide information on weight control, obesity, and related topics to health professionals and the public.

• Produced by: NIDDK, 1997

Who Can Use and How to Use

• Professional

• Reading Level:

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